



Certified Personal Medicine Coach: Schedule

All coaching calls (other than 1:1 calls) occur on **Wednesdays** from **2:00pm–3:15pm (ET)**

| Week | Topic | Coaching Call | Coursework | Start Date | Due Date |
|--------|---|--------------------------|---|------------|-----------|
| 0 | <i>Get Ready</i> | <i>No Call</i> | <ul style="list-style-type: none"> • Self-assessment • Access to course | 4/16/2025 | 4/22/2025 |
| 1 | Discovering Personal Medicine | Coaching Call #1 | <ul style="list-style-type: none"> • Coaching call • E-learning • Practice • Reflection • Quiz | 4/23/2025 | 4/29/2025 |
| 2 | Coaching with the Personal Medicine Worksheet | Coaching Call #2 | <ul style="list-style-type: none"> • Coaching call • E-learning • Practice • Reflection • Quiz | 4/30/2025 | 5/6/2025 |
| 3 | Personal Medicine Cards | No Call | <ul style="list-style-type: none"> • E-learning • Practice • Reflection • Quiz | 5/7/2025 | 5/13/2025 |
| 4 | Coaching with the Personal Medicine Cards | Coaching Call #3 | <ul style="list-style-type: none"> • Coaching call • E-learning • Practice • Reflection • Quiz | 5/14/2025 | 5/20/2025 |
| 5 | Personal Medicine Guides | No Call | <ul style="list-style-type: none"> • E-learning • Practice • Reflection • Quiz | 5/21/2025 | 5/27/2025 |
| 6 | Coaching with the Guides | Coaching Call #4 | <ul style="list-style-type: none"> • Coaching call • E-learning • Practice • Reflection • Quiz | 5/28/2025 | 6/3/2025 |
| 7 | Going Deeper with Personal Medicine | No Call | <ul style="list-style-type: none"> • E-learning • Practice • Reflection • Quiz | 6/4/2025 | 6/10/2025 |
| 8 | Pulling it All Together | Coaching Call #5 | <ul style="list-style-type: none"> • Coaching call • E-learning • Practice • Reflection | 6/11/2025 | 6/17/2025 |
| 9 & 10 | Approaching the Finish Line | Individual Coaching Call | Final Exam Prep | 6/18/2025 | 6/24/2025 |
| | | Final Exam Due: | | 6/26/2025 | |
| 11 | Certification Celebration | Coaching Call #6 | <ul style="list-style-type: none"> • Celebration call • Self-assessment • Course feedback | 7/2/2025 | 7/2/2025 |



Detailed Schedule 11 hours (total for e-learning and 75 minute Coaching Calls)

Pre-work (2 mins)

E-Learning

- Self-assessment
- Download and begin reviewing CPMC Manual (1:05)
- Get set up with the community forum (0:46)

Week 1: Discovering Personal Medicine (1 hour, 38 mins)

Group Coaching Call

- Introduction of faculty and learners
- Overview of Course
- Overview of Learning Management System (commongroundprogram.com)
- Course and Attendance Expectations
- Q & A

E-Learning

- What is Personal Medicine? (3:01)
- Where did Personal Medicine Come From? (5:42)
- Is Personal Medicine Actually Medicine? (2:28)
- Does Personal Medicine = Coping Skills? (4:40)
- Disrupting Business as Usual (2:42)
- The Personal Medicine Worksheet (5:03)

Practice

- Complete the Personal Medicine Worksheet for yourself

Community Posting

- Engage in structured discussion with other learners

Knowledge Assessment

- Quiz: Personal Medicine Fidelity



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Week 2: Coaching with the Personal Medicine Worksheet (1 hour, 40 mins)

Group Coaching Call

- Personal Medicine Fidelity & Rating Guide
- Role play
- Using the Personal Medicine Worksheet
- Focus on engagement skills – “It’s not about the Worksheet”
- Reinforcing the healer within

E-Learning

- Coaching in Personal Medicine (6:17)
- Coaching with the Personal Medicine Worksheet (10:59)
- Coaching Toward Fidelity (4:55)
- Why Certain Activities are not Personal Medicine (3:37)

Practice

- Support another person in discovering their Personal Medicine

Community Posting

- Engage in structured discussion with other learners

Knowledge Assessment

- Quiz: Coaching with the Personal Medicine Worksheet

Week 3: Personal Medicine Cards (53 mins)

E-Learning

- Personal Medicine Cards (4:09)
- Custom Card (3:53)
- Explore Card Categories (45:00)

Practice

- Explore and use the Personal Medicine Cards for yourself

Community Posting

- Engage in structured discussion with other learners



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Knowledge Assessment

- Quiz: Personal Medicine Cards

Week 4: Coaching with the Personal Medicine Cards (1 hour, 29 mins)

Group Coaching Call

- Personal Medicine Cards Do's & Don'ts
- Role play
- Focus on engagement skills – “It’s not about the Cards”
- Reinforcing the healer within

E-Learning

- Coaching with the Personal Medicine Cards (14:13)

Practice

- Support another person in using the Personal Medicine Cards

Community Posting

- Engage in structured discussion with other learners

Knowledge Assessment

- Quiz: Coaching with the Personal Medicine Cards

Week 5: Personal Medicine Guides (12 mins)

E-Learning

- Personal Medicine Guides (3:41)
- Personal Medicine Guides: Learn (3:20)
- Personal Medicine Guides: Act (2:22)
- Personal Medicine Guides: Improve (2:10)

Practice

- Use the Personal Medicine Guide you have chosen for yourself (*i.e., Personal Medicine Guide for Distressing Voices; Personal Medicine Guide for Sleep*)



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Community Posting

- Engage in structured discussion with other learners

Knowledge Assessment

- Quiz: Personal Medicine Guides

Week 6: Coaching with Personal Medicine Guides (1 hour, 20 mins)

Group Coaching Call

- Learner feedback on experience of using the Guides and Cards
- Role play
- Challenges/Questions
- Examples from practice and homework with personalized feedback
- Do's and Don'ts of using Personal Medicine Guides
- Q & A

E-Learning

- Coaching with Personal Medicine Guides (5:04)

Practice

- Coach another person using a Personal Medicine Guide

Community Posting

- Engage in structured discussion with other learners

Knowledge Assessment

- Quiz: Coaching with Personal Medicine Guides

Week 7: Going Deeper with Personal Medicine (29 mins)

E-Learning

- Is Personal Medicine Anti-psychiatry? (3:02)
- Personal Medicine during Medication Reductions (2:33)
- Finding the Balance (5:48)
- Personal Medicine is Dynamic (5:42)
- Personal Medicine and Physical Health (4:41)



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- Personal medicine for Oppression: Widening the Lens (7:38)

Practice

- Continue to coach another person in using a Personal Medicine Guide

Community Posting

- Engage in structured discussion with other learners

Knowledge Assessment

- Quiz: Going Deeper with Personal Medicine

Week 8: Pulling it All Together (1 hour, 17 mins)

Group Coaching Call

- Role play
- Schedule individualized Coaching Calls
- Getting prepared for the final

E-Learning

- Pulling it All Together (2:15)

Practice

- Coaching using the Personal Medicine tools

Community Posting

- Engage in structured discussion with other learners

Weeks 9 & 10: Approaching the Finish Line (45 mins)

1:1 Coaching Calls as scheduled

Practice

- Review your CPMC manual and e-Learning Modules to prepare for your final exam.
- Complete any outstanding work



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Final Exam

- Complete comprehensive examination of the course

Week 11: Certification Celebration (75 mins)

Group Coaching Call

- Commencement talk by Patricia E. Deegan, PhD
- Reveal of Certified Personal Medicine Coaches on the website
- Certificates will be mailed
- Reflections on our journey together
- Recertification process and what it means for you
- Access to additional resources

E-Learning

- Online course evaluation and suggestions
- Self-assessment