



Certified Personal Medicine Coach: Schedule

All coaching meetings (other than 1:1 meetings) occur on **Wednesdays** from **11:00am–12:15pm ET**

Week	Topic	Coaching Meeting	Coursework	Start Date	Due Date
0	<i>Get Ready</i>	No Meeting	<ul style="list-style-type: none"> Self-assessment Access to course 	4/8/2026	4/14/2026
1	Personal Medicine	Orientation Meeting	<ul style="list-style-type: none"> Coaching meeting E-learning Quiz Practice Reflection 	4/15/2026	4/21/2026
2	Personal Medicine Worksheet	No Meeting	<ul style="list-style-type: none"> E-learning Quiz Practice Reflection 	4/22/2026	4/28/2026
3	Personal Medicine Cards	Coaching Meeting	<ul style="list-style-type: none"> Coaching meeting E-learning Quiz Practice Reflection 	4/29/2026	5/5/2026
4	Personal Medicine Guides	No Meeting	<ul style="list-style-type: none"> E-learning Quiz Practice Reflection 	5/6/2026	5/12/2026
5	Coaching in Personal Medicine	Coaching Meeting	<ul style="list-style-type: none"> Coaching meeting E-learning Quiz Practice Reflection 	5/13/2026	5/19/2026
6	Coaching with the Worksheet	No Meeting	<ul style="list-style-type: none"> E-learning Quiz Practice Reflection 	5/20/2026	5/26/2026
7	Coaching with the Cards	Coaching Meeting	<ul style="list-style-type: none"> Coaching meeting E-learning Quiz Practice Reflection 	5/27/2026	6/2/2026
8	Coaching with the Guides	No Meeting	<ul style="list-style-type: none"> E-learning Quiz Practice Reflection 	6/3/2026	6/9/2026
9	Going Deeper	Coaching Meeting	<ul style="list-style-type: none"> Coaching meeting E-learning Quiz Practice Reflection 	6/10/2026	6/16/2026
10 & 11	Approaching the Finish Line	Individual Coaching Meeting	<ul style="list-style-type: none"> 1:1 Coaching Final Exam Prep Final Exam Submission 	6/17/2026	6/23/2026
		Final Exam Due:		6/25/2026	
12	Certification Celebration	Certification Celebration	<ul style="list-style-type: none"> Celebration meeting Self-assessment Course feedback 	7/1/2026	7/1/2026



Certified Personal Medicine Coach: Syllabus

Overview

Personal Medicine is medicine, but it's not a pharmaceutical and it's not prescribed by a doctor or nurse. Personal Medicine is what we DO, not what we take. It comes from within us. It is part of our human resilience and inner wisdom.

A Certified Personal Medicine Coach (CPMC) is trained to support people in discovering and using Personal Medicine as part of their recovery. The CPMC Course combines self-paced e-learning, guided practice, and group video coaching over a 12-week curriculum.

The course is open to peer specialists, clinicians, occupational therapists, case managers, psychiatric rehabilitation practitioners, family supporters, and other professionals. Personal Medicine is evidence-based, supports recovery-oriented practice, and has been shown to increase activation, leading to improved health outcomes. It aligns with SAMHSA's criteria for recovery-based practice and the core competencies of peer support.

Faculty

- **Patricia E. Deegan, PhD** | Founder – Pat Deegan PhD & Associates, LLC (PDA)
- **Allison Stiles MA, LPC, CPMC-T** | Associate at PDA
- **Missy Rufo, MS, CPRP, CPMC-T** | Associate at PDA

Course Delivery

- Group Coaching Meetings (interactive video calls)
- E-learning modules (videos, quizzes, and a community forum)

Course Materials

Certification candidates receive digital copies of the Certified Personal Medicine Coach Manual, Personal Medicine Cards, Guides and the Personal Medicine Worksheet.

Certification Requirements

To earn certification and a license to use Personal Medicine in practice, participants must:

- Attend all Group Coaching Meetings
- Complete all assignments
- Pass a comprehensive final exam

Annual recertification is required to maintain certification.



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

Pre-work (9 mins)

E-Learning

- Welcome (3:34)
- Certification Agreements
 - License agreement (1:12)
 - Code of Ethics (1:30)
 - Certification Requirements
- Certification Prep
 - Introduction to CPMC Materials (1:02)
 - CPMC Manual Overview (0:50)
 - Community forum Overview (Slack) (0:44)
 - Self-assessment

Week 1 | Personal Medicine (1 hour, 33 mins)

Orientation Meeting

- Introduction of faculty and learners
- Overview of Course
- Overview of Learning Management System (patdeegan.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? (3:11)
- Personal Medicine Vs. Coping Skills (3:29)
- Disrupting Business as Usual (2:42)

Learning Review

- Quiz: The Foundations of Personal Medicine



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Practice

- Explore how others have used Personal Medicine in their Recovery and reflect upon your own experiences

Community Posting

- Engage in structured discussion with other learners

Week 2 | The Personal Medicine Worksheet (12 mins)

E-Learning

- The Personal Medicine Worksheet (5:01)
- Fidelity Standards for Personal Medicine (6:49)

Learning Review

- Quiz: The Personal Medicine Worksheet

Practice

- Use the Worksheet to discover your own Personal Medicine

Community Posting

- Engage in structured discussion with other learners

Week 3: Personal Medicine Cards (2 hours 10 mins)

Group Coaching Meeting

- Engage in discussion, practice, Q&A to deepen learning

E-Learning

- Personal Medicine Cards (4:06)
- Custom Card (3:51)
- Explore Card Categories (45:00)

Learning Review

- Quiz: Personal Medicine Cards

Practice

- Explore and use the Personal Medicine Cards for yourself

Community Posting

- Engage in structured discussion with other learners



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Week 4: 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)

Learning Review

- Quiz: Personal Medicine Guides

Practice

- Use the Personal Medicine Guide you have chosen for yourself

Community Posting

- Engage in structured discussion with other learners

Week 5: Personal Medicine Coaching (1 hour, 45 mins)

Group Coaching Meeting

- Engage in discussion, practice, Q&A to deepen learning

E-Learning

- Coaching in Personal Medicine (1:35)
- Remaining non-judgmental (4:29)
- Walking Side-By-Side (3:42)
- Careful Listening (4:21)
- Going Deeper (6:52)
- Sharing Lived Experience (6:31)
- Coaching toward fidelity (2:16)

Learning Review

- Quiz: Personal Medicine Coaching

Practice

- Review Coaching Examples and develop your coaching talking points

Community Posting

- Engage in structured discussion with other learners



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Week 6: Coaching with Personal Medicine Worksheet (8 mins)

E-Learning

- Coaching with the Personal Medicine Tools (3:48)
- Coaching with the Personal Medicine Worksheet (4:24)

Learning Review

- Quiz: Coaching with the Personal Medicine Worksheet

Practice

- Support another person in discovering their Personal Medicine

Community Posting

- Engage in structured discussion with other learners

Week 7: Coaching with the Personal Medicine Cards (1 hour, 19 mins)

Group Coaching Meeting

- Engage in discussion, practice, Q&A to deepen learning

E-Learning

- Coaching with the Personal Medicine Cards (4:13)

Learning Review

- Quiz: Coaching with the Personal Medicine Cards

Practice

- Support another person in using the Personal Medicine Cards

Community Posting

- Engage in structured discussion with other learners

Week 8: Coaching with Personal Medicine Guides (3 mins)

E-Learning

- Coaching with Personal Medicine Guides (3:18)

Learning Review

- Quiz: Coaching with Personal Medicine Guides



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Practice

- Coach another person using a Personal Medicine Guide

Community Posting

- Engage in structured discussion with other learners

Week 9: Going Deeper with Personal Medicine (1 hour 49 mins)

Group Coaching Meeting

- Engage in discussion, practice, Q&A to deepen learning

E-Learning

- Finding the Balance (6:42)
- Personal Medicine during Medication Reductions (5:05)
- Personal Medicine is Dynamic (6:05)
- The Mind-Body Connection (7:53)
- Personal Medicine for Oppression: Widening the Lens (8:27)

Learning Review

- Quiz: Going Deeper with Personal Medicine

Practice

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

Community Posting

- Engage in structured discussion with other learners

Weeks 10 & 11: Approaching the Finish Line (30 mins)

1:1 Coaching Meetings as scheduled

Practice

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

Final Exam

- Complete comprehensive examination of the course



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Week 12: Certification Celebration (1 hour 17 minutes)

Certification Celebration Meeting

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

E-Learning

- Next Steps (2:01)
- Online course evaluation and suggestions
- Self-assessment