



Certified Personal Medicine Coach: Syllabus

Overview

The Certified Personal Medicine Coach Course combines online e-learning, practice and live group coaching over the course of an 8-week curriculum. No need to travel out of state. Once certified, Personal Medicine Coaches will be approved to use Personal Medicine, Personal Medicine Guides and Personal Medicine Cards with individuals and in groups.

Peer specialists, clinicians, occupational therapists, case managers, psycho-social rehab practitioners, family supporters and other disciplines may enroll in the course.

Personal Medicine are the things we do to get well and stay well. Personal Medicine supports recovery-oriented practice, is evidence-based and has been shown to increase activation which leads to more robust health outcomes¹. The practice of Personal Medicine meets SAMHSA's criteria for recovery-based practice and the core competencies of peer support.

Faculty

- Patricia E. Deegan, PhD - Principal at Pat Deegan PhD & Associates, LLC
- Allison Stiles MA, LPC, CPMC - Associate at Pat Deegan PhD & Associates, LLC
- Missy Rufo, MS, CPRP, CPMC - Associate at Pat Deegan PhD & Associates, LLC

Course Delivery

Course is delivered through a combination of Live Coaching Sessions (interactive webinars via [BlueJeans](#) app) and E-Learning (videos, quizzes, instructions & a community forum).

Course Materials

Certification candidates receive one Personal Medicine Guide of their choice. They also receive a Certified Personal Medicine Coach Manual, digital copies of all Personal Medicine Cards and the Personal Medicine Worksheet.

Certification Requirements

Certification and a license to use Personal Medicine in practice is awarded to those who meet all course requirements. This includes attending all Live Coaching Sessions, submitting all assignments and passing a comprehensive final exam. Recertification occurs annually.

¹ MacDonald-Willson KL, Deegan PE, Hutchison HL, Parrotta N, Schuster JM (2013). Integrating Self-Management Strategies into Mental Health Service Delivery: Empowering People in Recovery. *Psychiatric Rehabilitation Journal*, 36,4 258-263.



High-Level Schedule

Week	Topic	Elements
1	Welcome & Orientation	Live Coaching Session
		Community Posting
2	Foundations of Personal Medicine	E-Learning
		Practice
		Community Posting
3	Personal Medicine Guides	Live Coaching Session
		E-Learning
		Practice
		Community Posting
4	Personal Medicine Cards	E-Learning
		Practice
		Community Posting
5	Going Deeper with Personal Medicine	Live Coaching Session
		E-Learning
		Practice
		Report
6	Catch up and 1:1 Coaching	Live Coaching Session
		1:1 Coaching Sessions
7	Final Exam	Final Exam
		Complete all outstanding work
8	Certification Celebration	Live Coaching Session
		E-Learning (course feedback)



Detailed Schedule

Pre-work

E-Learning

- What is a Certified Personal Medicine Coach?
- Meet your Coaches
- Testing your Technology

Week 1: Welcome & Orientation

Live Coaching Session

- Introduction of faculty and learners
- Didactic Learning with Patricia E. Deegan, PhD
 - Why I developed Personal Medicine to support people in their recovery
 - The evidence base for Personal Medicine
 - How Personal Medicine meets SAMHSA's core recovery competencies
 - How to practice Recovery Leadership in the workplace
- Overview of Learning Management System (commongroundprogram.com)
- Course and Attendance Expectations
- Q & A

Community Posting

- Complete Introduction Community Posting

Week 2: The Foundations of Personal Medicine

E-Learning

- What is Personal Medicine
- The Power of Personal Medicine
- Personal Medicine and Physical Health
- Fidelity Standards for Personal Medicine
- Quiz: Personal Medicine Fidelity

Practice

- How to use the Personal Medicine Worksheet
- Complete the Personal Medicine Worksheet for yourself



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- Help one other person discover their Personal Medicine using the Personal Medicine Worksheet

Community Posting

- Engage in structured discussion with other learners

Week 3: Personal Medicine Guides

Live Coaching Session

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

E-Learning

- What are Personal Medicine Guides and Cards?
- Quiz: Personal Medicine Guides

Practice

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

Community Posting

- Engage in structured discussion with other learners

Week 4: Personal Medicine Cards

E-Learning

- Personal Medicine for Anxiety
- Personal Medicine for Anger
- Personal Medicine for Depression
- Personal Medicine for Distressing Voices
- Personal Medicine for False Beliefs
- Personal Medicine for Food Cravings
- Personal Medicine for Grief
- Personal Medicine for Negative Thinking
- Personal Medicine for Self-Harm
- Personal Medicine for Sleep



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Practice

- Use two categories of Cards with two different individuals

Community Posting

- Engage in structured discussion with other learners

Week 5: Going Deeper with Personal Medicine

Live Coaching Session

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

E-Learning

- The Power of Personal Medicine
- Is Personal Medicine Anti-psychiatry?
- Personal Medicine during Medication Reductions
- Personal Medicine is Dynamic
- Quiz: The Foundations of Personal Medicine

Practice

- Help two other people discover their Personal Medicine using the Personal Medicine Worksheet

Report

- Submit Using Personal Medicine Report

Week 6: Catch-up and 1:1 Coaching

Live Coaching Session

- Going Deeper with Personal Medicine
- Using Personal Medicine in Groups
- Using Personal Medicine Guides with Individuals
- Preparation for Final Exam
- Catch-up on outstanding work
- Schedule individualized Coaching sessions as needed



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Week 7: Final Exam

Final Exam

- Complete comprehensive examination of the course

Outstanding Work

- Complete all outstanding work

Week 8: Certification Celebration

Live Coaching Session

- 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