



Certified Personal Medicine Coach: Syllabus

Overview

The Certified Personal Medicine Coach Course combines online e-learning, practice and group video coaching over the course of a 10-week curriculum. 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, clinicians, 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-T - Associate at Pat Deegan PhD & Associates, LLC
- Missy Rufo, MS, CPRP, CPMC-T - Associate at Pat Deegan PhD & Associates, LLC

Course Delivery

Course is delivered through a combination of Live Coaching Sessions (interactive webinars via Zoom) 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.



Detailed Schedule

Pre-work

E-Learning

- Review your dashboard
- Test your Technology
- Review technology tutorials

Week 1: Welcome & Orientation

Live Coaching Session

- Introduction of faculty and learners
- Didactic Learning with Patricia E. Deegan, PhD
- Overview of Learning Management System (commongroundprogram.com)
- Course and Attendance Expectations
- Q & A

E-Learning

- What is a Certified Personal Medicine Coach?
- Personal Medicine Coaching
- Getting Prepared

Community Posting

- Engage in structured discussion with other learners

Knowledge Assessment

- Quiz: Coaching in Personal Medicine

Week 2: Discovering Personal Medicine

E-Learning

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

Practice

- How to use the Personal Medicine Worksheet



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

Community Posting

- Engage in structured discussion with other learners

Knowledge Assessment

- Quiz: Personal Medicine Fidelity

Week 3: Coaching with the Personal Medicine Worksheet

Live Coaching Session

- 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 with the Personal Medicine Worksheet

Practice

- Support one 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 4: Personal Medicine Guides

E-Learning

- What are Personal Medicine Guides and Cards?

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 5: 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

Practice

- Explore and use the Personal Medicine Cards for yourself

Community Posting

- Engage in structured discussion with other learners

Knowledge Assessment

- Quiz: Personal Medicine Cards

Week 6: Coaching with Personal Medicine Guides & Cards

Live Coaching Session

- 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 & Cards
- Q & A



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E-Learning

- Coaching with Personal Medicine Guides & Cards

Practice

- Use two categories of Cards with two different individuals

Community Posting

- Engage in structured discussion with other learners

Knowledge Assessment

- Quiz: Coaching with Personal Medicine Guides and Cards

Week 7: Going Deeper with Personal Medicine

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

Community Posting

- Engage in structured discussion with other learners

Knowledge Assessment

- Quiz: Going Deeper with Personal Medicine

Week 8: Pulling it All Together

Live Coaching Session

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

E-Learning

- Pulling it All Together

Practice

- Practice using the Personal Medicine Worksheet
- Practice using the Personal Medicine Cards



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Community Posting

- Engage in structured discussion with other learners

Week 9: Practice and 1:1 Calls

1:1 Coaching Calls as scheduled

Practice

- Practice using the Personal Medicine Worksheet
- Practice using the Personal Medicine Cards

Community Posting

- Engage in structured discussion with other learners

Week 10: Final Exam

Final Exam

- Complete comprehensive examination of the course

Outstanding Work

- Complete all outstanding work

Week 11: 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