



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 Calls (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 Calls, 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	Coaching Call	Coursework
0	Get Ready	No Call	Self-assessment & access to course materials
1	Discovering Personal Medicine	Coaching Call	E-learning, practice, community posting & quiz
2	Coaching with the Personal Medicine Worksheet	Coaching Call	E-learning, practice, community posting & quiz
3	Personal Medicine Cards	No Call	E-learning, practice, community posting & quiz
4	Coaching with the Cards	Coaching Call	E-learning, practice, community posting & quiz
5	Personal Medicine Guides	No Call	E-learning, practice, community posting & quiz
6	Coaching with the Guides	Coaching Call	E-learning, practice, community posting & quiz
7	Going Deeper with Personal Medicine	No Call	E-learning, practice, community posting & quiz
8	Pulling it All Together	Coaching Call	E-learning, practice, community posting
9 & 10	Approaching the Finish Line	Individual Coaching Calls	Preparation for the Final
			Final Exam Submission
11	Certification Celebration	Coaching Call	Post-assessment & Course feedback



Detailed Schedule

Pre-work

E-Learning

- Self-assessment
- Download and begin reviewing CPMC Manual
- Get set up with the forum
- Review your notification settings

Week 1: Discovering Personal Medicine

Live Coaching Call

- 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 Personal Medicine?
- The Power of Personal Medicine
- Fidelity Standards for Personal Medicine
- Using the Personal Medicine Worksheet

Practice

- Complete the Personal Medicine Worksheet for yourself

Community Posting

- Engage in structured discussion with other learners

Knowledge Assessment

- Quiz: Personal Medicine Fidelity

Week 2: Coaching with the Personal Medicine Worksheet

Live Coaching Call

- Personal Medicine Fidelity & Rating Guide
- Role play



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- 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 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

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



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Week 4: Coaching with the Personal Medicine Cards

Live 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

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

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*)

Community Posting

- Engage in structured discussion with other learners

Knowledge Assessment

- Quiz: Personal Medicine Guides

Week 6: Coaching with Personal Medicine Guides

Live Coaching Call

- Learner feedback on experience of using the Guides and Cards
- Role play



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- 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

Practice

- Use two additional categories of Cards with two different individuals

Community Posting

- Engage in structured discussion with other learners

Knowledge Assessment

- Quiz: Coaching with Personal Medicine Guides

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
- Personal Medicine and Physical Health

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 Call

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



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E-Learning

- Pulling it All Together

Practice

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

Community Posting

- Engage in structured discussion with other learners

Weeks 9 & 10: Approaching the Finish Line

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

Final Exam

- Complete comprehensive examination of the course

Week 11: Certification Celebration

Live 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