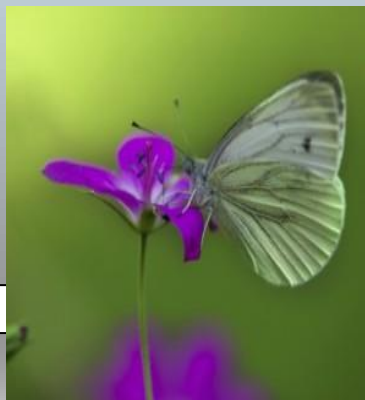




healthcreation

**Health Coaching,
Mentor & Consultant Training
for
Personal & Workplace
Health and Wellbeing**

**in academic association with
Bath Spa University**



Prospectus

**Please call Health Creation on 01225-745737
to find out more about our courses**

Overview of the Health Creation Educational Programme

The Health Creation Training Programme comprises:

➤ **Foundation Year Mentor Training for the Diploma in Health Creation Mentorship**

Module 1 - The skills: Mentor Training

Module 2 Online - The theory: Principles & Evidence for Health and Wellbeing

➤ **Elective Year**

Module 3 - Consultants Training to work with organisations

And :

Module 4 - Spiritual Mentorship Training to work with the life-threatened and dying

Module 5 - Trainer Training

Module 6 - The Golden Path Spiritual Development Programme

FOUNDATION YEAR

Module 1 – Mentor Training

October to March over four weekends

Please call 01225-745737 to discuss application and enrolment

Module 2 – Principles and Evidence for Health and Wellbeing

Dates - Running continuously online

Please call 01225-745737 to register or register directly within the Health Creation Shop via www.healthcreation.co.uk/shop

ELECTIVE PROGRAMME DATES

Module 3 - Consultants Training

Please contact to Dr Rosy Daniel on rosy.daniel@healthcreation.co.uk to register your interest in joining our consultant team

Module 6 - The Golden Path Spiritual Development Programme

This course can be taken for personal development or as a prelude to training to become a Spiritual Mentor. Please contact Dr Rosy Daniel on rosy.daniel@healthcreation.co.uk to register your interest in joining our spiritual development programme.

Module 4 - Spiritual Mentorship Training

Please contact Sue Caden to register your interest the Spiritual Mentor Training via sue.caden@healthcreation.co.uk.

Course Leaders

- **Programme Leader – Dr Rosy Daniel, Medical Director Health Creation and Lead Health Creation Trainer – Sue Caden**



- **Mentor Development – Rosy Daniel and Sue Caden**
- **Academic Programme – Postgraduate Masters Programme, Bath Spa University**

Acknowledgements

Health Creation wishes to acknowledge the dedicated support of Nick Sorenson and Steve Ward of Bath Spa University, in forming the academic collaboration between Health Creation and Bath Spa University. This vote of confidence allowed the development of an entirely new professional field of Health Coaching focusing on the prevention of illness and promotion of health within the UK. We are confident that over time, this will have a significant positive effect on the improvement of public and occupational health, so badly needed at this time of increasing levels of lifestyle illness and simultaneous health service spending cuts.

For giving us the opportunity to further study, research and disseminate work with your academic support we are deeply grateful.

Health Creation Training and Academic Study of Personal and Workplace Health and Well-being

Thank you for your interest in Health Creation training and study! We hope this document provides answers to your questions, but please do not hesitate to contact us with any other queries at Health Creation on +44 (0)1225 745737.

The aim of this document is to introduce you to the:

- Five Modules offered by Health Creation
- The Golden Path Spiritual Development Programme
- Training and study pathways available for those at varying levels of academic qualification and prior certificated learning, and career pathways for those qualifying in Health Creation.
- Aims of **Health Creation**
- Roles of the **Health Creation Mentor and Health Creation Consultant**, and
- Details of the **Health Creation Bath Spa Modules**

1. What are the six Health Creation training modules?

The five training modules provided by Health Creation are:

Foundation Year – with Modules 1 and 2 (studied separately or concurrent)

- Module 1 - Health Creation Mentor Training of six months followed by six months of supervised probationary work with 3 study clients for the **Certificate in Health Creation Mentorship**.
- Module 2 - The Principles and Evidence for Health and Wellbeing Mentorship. This module will involve self-directed distance learning through our virtual learning environment, for the **Certificate in Health and Wellbeing**
- Combined these courses give the **Diploma in Health Creation Mentorship**

Elective Year – with choice of module suited to student's career pathway

- Module 3 - Health Creation Consultant Training for Organisational Health and Wellbeing
- Module 4 – Spiritual Mentorship
- Module 5 – Health Creation Trainer Training
- Module 6 – The Golden Path Spiritual Development Programme

These 200 hour modules are offered by Health Creation for those wishing to gain the professional skills and competencies to practice as a Health and Wellbeing Coach or Consultant; Spiritual Mentor and Health Creation Trainer.

2. What are the pathways for academic study with Bath Spa University?

Those wishing to make an academic study linked to any of the above modules to receive higher educational credits can do so by taking linked Study Modules within the Bath Spa University Post-graduate Master's Programme.

This requires an extra 100 hours of study per module taken and the writing of a 5000 word dissertation, reflecting the student's area of interest, to gain 30 academic credits at either Level 6 (under grad) or Level 7 (post grad) levels, depending on your previous level of academic qualification. Level 7 criteria includes professional certificated learning which is deemed to be at a comparable academic level, such as professional counselling or psychotherapy training; nurses who trained prior to qualification with degrees; complementary therapists who have undergone certificated professional training e.g. acupuncturists, osteopaths, nutritional therapists, homeopaths, herbalists. This list is for illustration only and individual suitability will be assessed by Academic Programme Coordinator.

Master's Programme Awards

Upon successfully achieving 60 credits (through study of two modules and the linked ISMs) the student will receive a **Postgraduate Certificate** from Bath Spa University.

Upon successfully achieving 120 credits (through study of four modules and linked ISMs) the student will receive a **Postgraduate Diploma**.

To achieve a **Master's Degree**, students will need to take one of their four modules with Bath Spa directly as a BSU research study module. This is a prelude to the writing of a 60-credit Master's Dissertation giving the student 180 credits for a full Master's Degree. Again, this will be based upon the student's own areas of specialist interest.

3. What are the career pathways for those studying Health Creation?

There are numerous ways in which the modules can be combined to provide optimum learning experiences for those wishing to work in Health Creation, but essentially the outcomes are to work either as:

- A Health Creation Mentor working with individuals on the primary or secondary prevention of illness
- A Health Creation Consultant working on the establishment of a positive health culture within organisations
- A Spiritual Mentor working with people facing death and dying, to help them experience a peaceful and conscious death.

4. What are a Health Creation Mentor and a Health Creation Consultant?

Health Creation Mentors and Consultants are health and well-being coaches trained to provide, safely and effectively, the **Health Creation Mentor and Consultancy Services**. They support, encourage and guide individuals and organisations to promote health and well-being and prevent illness. The Health Creation Mentor works with individuals, from whatever starting point, on a transformational Health Creation journey to achieve the optimum level of health and well-being that is possible for them. This includes working with those:

- With life-style related illnesses such as cardiovascular disease, cancer, diabetes, obesity, arthritis, allergy, fatigue,
- Experiencing life crisis or relationship problems
- Suffering from depression and anxiety
- Who care for others long-term
- Who wish to reduce risk of illness and enjoy optimum levels of energy, health and happiness.

Mentors also give introductory talks and one-day seminars about Health Creation to introduce people to the concept and to help enrol new clients. Mentors who are particularly drawn to working spiritually with clients can specialise in providing help for those who are life threatened and dying, helping them to focus on making the emotional, practical and spiritual preparations for the end of life.

After experience has been gained as a Mentor, some Mentors go on to become a **Health Creation Consultant** taking the Health Creation Programme into organisations by offering the **Health Creation at Work** service.

Both Mentors and Consultants are strongly encouraged to build their knowledge base by taking Module 2, making an in-depth study of the Health Creation Principles and evidence base. There is also the opportunity for those who become experienced in both roles to go on to become a **Health Creation Trainer** leading others in this important and inspiring work.

After the training, to ensure maintenance of the high standard and consistency of our service, Mentors are required to undergo regular **continuing professional development, supervision and quality care evaluation**. Mentors must attend our bi-annual review and training days in order to remain registered on our Active Mentor Register and must be in professional supervision.

5. What are the aims of Health Creation?

The aim of Health Creation is to work towards the creation of optimum health for all within our society, changing over time the emphasis in healthcare **from passive disease management to proactive health creation**, through the widespread application of the holistic approach to health.

This is achieved through the health coaching and consultancy services and healthcare products aimed at supporting individuals and organisations to make significant changes in their health-defining behaviour and culture until these changes are sustainable. This approach gets people actively engaged in the creation of their health and happiness, whether they are currently suffering from illness or seeking to prevent it. Through our work, people experience their full potential in life, coming to experience high vitality and whole-hearted authentic living.

6. Why is Health Creation Proactive so badly needed in UK society?

Currently in the UK:

- 1 in 3 get cancer and 1 in 2 heart disease - but these diseases are over 75% life-style related and therefore preventable.
- Smoking causes half of all premature deaths
- Excessive alcohol consumption causes 33,000 premature deaths a year
- 1 in 2 adults are overweight and 1 in 5 are obese
- Obese men are 33% more likely to die of cancer
- Obese women are at 50% greater risk of getting breast cancer

A diet rich in animal fats and processed foods, low fruit and vegetable consumption, smoking, stress, alcohol, environmental toxins and lack of exercise are all contributory factors to these statistics.

Mental health is also very fragile at this time as:

- Half a million people each year experience stress at a level that is making them ill
- Loneliness and isolation can cause depression of our immune systems and people who are lonely are more likely to become ill
- Around 40% of marriages end in divorce
- 37% of adults live alone prone to isolation and depression and
- Both parents need to work in most families leaving children with less attention and emotional security.
- Young people are experiencing unprecedented levels of anxiety and depression

The NHS and Social Care systems are breaking under the strain of the ever increasing health and care burden, and governments struggle to meet the demand of the public for more and more sophisticated healthcare to pay for largely lifestyle-related illnesses in an ageing population that is living longer, but with multiple illnesses.

The government now sees that we must focus on the solution not the problem as healthcare costs have doubled in the last fifteen years. In his 'Choosing Health' paper as long ago as 2002, Wanless advocated the need for the development of the optimal 'fully engaged' scenario in which people take active responsibility for their health in order to avoid collapse of the NHS. But most healthcare, public health and occupational health systems are still based upon a costly reactive medical model with little understanding of what it actually takes to get people motivated and engaged in healthy change.

There are still no effective delivery systems in place to achieve the 'fully engaged scenario' and no signs of any really positive change in healthcare. Those currently involved in running the health service struggle hugely to meet demands to maintain the acute and long term care needs of the public. Meanwhile the tiny 2% of the healthcare budget which is spent on Public Health remains focused largely upon information based campaigns and does not provide the emotional support needed to inspire, motivate and sustain healthy change in people's health-defining behaviour.

The Department of Health has described Health Creation as 'light years ahead of anything they are doing' and we aim to be a very important part of the creative solution to turning around the pandemic of lifestyle illness that is ruining lives and draining our economy.

Employers and insurance companies who also pay the price of ill-health, absenteeism, and presenteesim caused by drug and alcohol abuse, depression and apathy, also need effective ways to inspire their staff and clients to establish sustainable healthy life and work styles. Through our Health Creation Programme, mentorship and workplace consultancies we aim to help build a wave of positive healthy change that will shift the focus in society 'from passive healthcare to proactive health creation.'

The recognised benefits of Health Creation are that health coaching and mentorship:

- creates lasting change because it tackles the underlying obstacles to true health
- is not only health enhancing, it is life enhancing
- gives us the means to take control of our own health and happiness
- is an antidote to 21st century chronic illness, tiredness and disease.

7. Why is Health Creation Coaching needed by those who are ill and those who care for them?

There is a huge body of evidence that people can prevent and reverse chronic, life threatening conditions through lifestyle programmes that not only bring symptom relief and enhanced coping but also improved survival. This has been proven in those with cancer, heart disease, obesity, diabetes, asthma, arthritis and many other life-threatening and chronic illnesses. Dr Rosy Daniel has presented the evidence in our 'Principles and Evidence for Health and Wellbeing' online module and we strongly advise all those wishing to improve their own and others health and wellbeing to take this module and learn the facts.

Over Dr Daniel's career the evidence has built year by year and now the role of self-help and healthy lifestyle is on a solid scientific footing, although sadly not yet routinely integrated into conventional care. Our mentors serve to bridge that knowledge gap and empower those that wish to protect themselves and to transform their experience of illness in to opportunity for renewed health and happiness with sign-posting of evidence based self-help and therapeutic options.

In the cancer care field, the build-up of evidence started with the pioneering work of Steven Greer et al (1985) which showed that those who demonstrated fighting spirit had up to a 60% survival benefit at 13 years over those who became helpless and hopeless. It was followed in the late 1980s with findings of Spiegel et al (1989) showing that the survival of those attending a support group doubled over those who did not receive such support. Fawzy et al (1993) also showed a decrease in the death rate of those with melanoma who received psychological support, from 10% - 2% with an associated rise in the level of NK (white cell) activity. Whilst subsequent studies in this area have had some conflicting results, there is a consensus that those who are depressed post cancer diagnosis do less well psychologically, physically and in terms of long term survival.

In the cardiac field the work of cardiologist Dr Dean Ornish (1998) has shown that intensive lifestyle programmes offering a combination of healthy diet, exercise, stress reduction and emotional support actually reversed coronary artery disease (See his website www.pmri.com). In 2010, American insurance companies reported that patients on his programme cost them an average of \$30,000 less than those who did not engage in self-care in the first year post diagnosis! Of these four interventions it was found to be the emotional support and emotional expression which had the most protective effect. In his GEMINAL study of 2009 with men with prostate cancer, Ornish went on to demonstrate the power of lifestyle programmes to lower PSA levels and to affect gene expression positively with both up and down regulation of important oncogenes.

Professor Leslie Walker's studies into the use of visualisation with people with cancer also showed greater survival benefits for women with breast cancer than the combined effect of their chemotherapy, radiotherapy, surgery and hormonal treatment.

In addition to the benefits of psychological support there is also evidence for the benefits for nutritional therapies, vitamin and mineral supplementation, and other mind-body approaches such as spiritual healing, relaxation and meditation in all aspects of physiological function, right down to the integrity of our genes.

As well as the measurable intrinsic benefits of many components of holistic healthcare, what is clear is that there is a huge reduction in psychological suffering when people feel able to take back a level of control and feel that they are constructively engaged in promoting their own health and wellbeing.

The Cancer Lifeline Kit of Health Creation was born out of Dr Daniel's focus group study 'Meeting the Needs of People with Cancer for Support and Self-Management' in the nineties. This research showed that psycho-spiritual, self-help and complementary approaches can give people with cancer the benefits of:

- 1 Transition from intense fear, insecurity and confusion to peace of mind, positivity and control together with a concrete action plan.
- 2 Transition from poor quality of life and poor symptom control to excellent quality of life and achievement of symptom control through natural means.
- 3 Transition from being a passive victim of cancer to an active partner with health care professionals in the fight against cancer.
- 4 The development of inner strength, peace of mind and the spiritual awareness to be able to make a conscious, dignified transition between life and death.

The Kit and its accompanying Mentor Service was conceived and developed to fill the information, support and self-management gap experienced by people with cancer and their carers, providing the missing link in conventional cancer care, and potentially transforming the crisis of a cancer diagnosis into an opportunity for healing and self-development; the Health Creation Programme from within the kit is a generic tool for use both by those coming out of a health crisis and for those that feel that they are functioning below par or taking risks with their health and well-being. In this capacity it has been used by doctors, nurses, students and teachers with outstanding results on health and wellbeing.

8. Who is the founder-leader of Health Creation?

Health Creation was founded by Dr Rosy Daniel in 2000. She is a highly respected, internationally renowned, Integrative Medical Consultant who is helping to lead a proactive healthcare revolution in Britain. She aims through Health Creation's Mentors and Consultants to help reverse the epidemic of degenerative disease resulting from our unhealthy Western lifestyle, which she has seen cause so much preventable illness and heartbreak.

She has a vision of a society where health and not illness is the norm; where individually and collectively we take the basic steps necessary to enjoy radiant health and happiness. Her message reaches out to Government, organisations and individuals. She passionately believes we can and must take charge now to avert the massive health crisis going on around us.

Dr Daniel addresses national and international conferences and seminars as well as being a regular broadcaster on radio and TV. For over 15 years she was a doctor, then Medical Director at The Bristol Cancer Help Centre; she is the author of 5 books on the holistic approach to Health Creation and also the Health Creation Programme and Cancer Lifeline Kit, which systematically allow individuals to address the health of their body, mind, spirit and environment. This programme starts by enabling people to understand their relationship with themselves and goes on to help them re-orientate their lives around their own authentic choices and personal fulfilment.

Having seen lives and hearts broken by cancer and heart disease, and having witnessed healing triumphs in the responsibly proactive, she now seeks to disseminate her 25 years' experience of holistic healthcare worldwide, and catalyse an evolution towards proactive Health Creation.

Dr Daniel set up Health Creation in 2003 and since this time has trained Mentors in the UK, Eire and Denmark.

9. What is Health Creation Mentorship and Coaching and why does it work?

Health Creation mentorship and coaching proposition is simple, yet very powerful. Health Creation Coaching marks a shift away from the information-based model of **health promotion** to a proactive and participative model of **health creation**. It is about guiding and supporting people to change self-destructive unhealthy lifestyles, behaviour and attitudes towards sustainable life-enhancing behaviours and a new vitality that is enduring.

The reason it works are two-fold: first because each person receives individual attention from their coach to identify their state and needs, along with the crucial encouragement and support to make

healthy changes. Second, because it is based on the holistic approach to health, which gets right to the core of why we might be drinking, smoking or over-eating. Health Creation coaches understand the interaction of our states of mind, body, spirit and the environment in which we live and work. Loneliness, stress, distress and feeling lost or dispirited can cause depression of the mind and spirit, and along with this immune collapse and self-destructive habits. To become truly healthy and to remain so, we need to be nourished at all levels of mind, body and spirit. We also need help to recognise how we sabotage ourselves and to identify any underlying obstacles in our path, being supported to confront and overcome them in order to experience lasting change, greater happiness and really good health.

Health Creation Coaching is performed by our Health Creation Mentors who work on a one-to-one basis with individuals, over a 3-6 month period using the Health Creation Programme, Cancer Lifeline Kit or Cancer Carer's Guide developed by Dr Rosy Daniel for this purpose.

10. What is the role of the Health Creation Mentor?

A Health Creation Mentor 'coaches' individuals through all aspects of the Cancer Lifeline Kit, Health Creation Programme and Carer's Guide providing clients with the crucial encouragement to keep going when it all seems too hard.

Over the difficult months following a cancer diagnosis, or other serious illness, Mentors coach individuals through the Cancer Lifeline Programme or Health Creation Programme, helping them to re-assess their state and needs on a monthly basis (or more often if required) and to create and implement their own individual Health Creation Action Plan.

A Mentor is not a therapist but more of a guiding companion who will walk the illness and recovery journey with their client, helping them to identify and fulfil their needs, developing and prioritising their core values in life and building successful coping strategies.

The Health Creation Mentor delivers:

- Health Creation Proactive for those wishing to enhance health and prevent illness
- Health Creation Cancer Lifeline Support
- Health Creation Carer Support
- Mentoring of staff as part Health Creation at Work

11. What is the role of the Health Creation Consultant?

The Health Creation Consultants assess the current status of the health and well-being of an organisation's employees, the provision of training for health and well-being and also the likely effects on health of the current corporate/organisational culture. These 'Corporate Diagnostics' are presented to the management. Thereafter HC Consultants will work with in-house champions and staff to improve individual and collective health status, through training programmes and the formation and implementation of a Corporate Health Creation Programme, improving productivity and profitability and helping to generate 'wealth through health' by linking good health to good business.

12. What is the working relationship of the HC Mentor with Health Creation once qualified?

Once qualified the Mentor can build their practice in two ways:

- A Health Creation Mentor may establish an independent practice by recruiting clients. For this service they may charge £70 per hour
- A Health Creation Mentor may receive referred clients from Health Creation or other referring agents affiliated with Health Creation, for which they will receive a fee of £50 per hour. In this case, Health Creation retains £20 to cover the cost of marketing, sales and administration.

To receive referrals the Mentor must register annually on the Mentor Register showing that they are qualified, insured and in ongoing professional development.

13. What is the working relationship of the HC Consultant once qualified?

Once qualified the HC Consultant works in a self-employed capacity in the fulfilment of Health Creation at Work or Health Creation at School contracts of Health Creation. HC Consultants work as a team of associates under the leadership of Dr Rosy Daniel for Health Creation at Work and Health Creation at School.

ABOUT THE HEALTH CREATION TRAINING MODULES

14. What are the curricula of the 5 Modules of Health Creation Mentor Training?

Module 1

The **Health Creation Mentor Training** curriculum comprises:

- Theoretical perspectives and background to holistic healthcare
- The role, responsibilities and professional code of conduct of a Health Creation Mentor
- The assessment, motivational and communication skills of a Health Creation Mentor
- The 12 Health Creation Principles
- Application of Health Creation Mentorship with:
 - those with chronic illnesses such as cancer, heart disease, diabetes, arthritis, obesity and depression
 - those wishing to prevent illness and improve vitality and performance
 - those who are caring for the sick or disabled
- The community resources for self-help, support and therapy for those wishing to improve health and well-being
- Self-care and supervision for health mentors
- Practice development and management for health mentoring

Module 2

The **Principles and Evidence for Health and Wellbeing Mentorship** curriculum comprises:

1. Study of the theory and evidence base relating to the need for and value of the health mentorship approach in terms of:

- Efficacy of health coaching and mentorship
- Role of Western lifestyle in the aetiology of major degenerative diseases such as cancer, heart disease, depression and anxiety, diabetes, obesity, digestive disorders, arthritis, asthma etc.
- Role of lifestyle change in reversal of lifestyle illnesses
- Role of proactive health mentorship in reducing healthcare costs

2. Study of the theory and evidence base relating to the role in the promotion of health and well-being of the following subject areas, which are explored and applied in health mentorship in order to ensure that health mentors give advice that is well informed and evidence based:

- Nutrition and nutritional supplementation
- Exercise, rest and relaxation
- Detoxification from excessive dietary fat and sugar, drugs, cigarettes and alcohol
- Stress reduction and peace of mind
- Improvement of relationships and communication
- Emotional maturity and self-expression
- Personal authenticity, fulfilment, meaning and purpose
- High energy and vitality levels
- Development of spiritual resources and sustaining inner life
- Positive personal environment
- Sense of belonging within community, work and social networks
- Active relationship with nature
- Complementary therapies
- Self-help approaches
- Psycho-spiritual support
- Mind-Body Science
- Epigenetics

3. Engagement with opportunities for coaching and mentoring intervention strategies and critical reflection on their effectiveness.

Module 3

The **Health Creation Consultancy Training** curriculum comprises:

- Theoretical perspectives and background to organisational health and well-being consultancy
- Organisational change management
- The role, responsibilities and professional code of conduct of a Health Creation Consultant
- The assessment, motivational and communication skills of a Health Creation Consultant
- The operation, standards and evaluation of the Health Creation at Work service
- The competencies of the Health Creation Consultant
- Application of Health Creation consultancy within the business and school sectors
- Advanced health mentorship skills for mentoring organisational leaders
- Health challenges within the organisational environment
- The political perspective on health and well-being at work
- The range of workplace health and well-being interventions
- Resources for the support of organisational health and well-being programmes
- Self-evaluation, self-care and supervision for Health Creation Consultants
- Business development and management for Health Creation Consultants
- Engagement with health mentorship skills in practice
- Engagement with organisational consultancy skills

Module 4

The **Mentorship for the Life Death Transition** Training curriculum comprises:

- Theoretical, social and trans-cultural perspectives on end of life care
- Reflection upon emotional, spiritual, practical needs of the life-threatened, dying and bereaved
- Practical guidance in assisting clients and their families in making personal preparations for the end of life
- Engagement in the advanced mentorship skills for creating rapport and compassionate support for those nearing the end of life and for their carers
- Analysis of the role and responsibilities of the Health Creation Mentor in supporting the life-threatened, dying and bereaved
- Study of the concept of 'spiritual midwifery' and 'bedside vigil' for creating the peace and emotional calm for a dignified conscious life-death transition
- Study of the range of medical needs of the dying and how these interface with appropriate provision of care for the dying
- Reflection by students on their own beliefs and feelings about death and dying
- Introduction to music thanatology for the comfort of the dying
- Reflection upon the needs of and resources for the bereaved
- Engagement with effective self-awareness and self-care to prevent emotional burn-out in those caring for the life-threatened and dying.

Module 5

The **Health Creation Trainer Training** curriculum comprises:

- Review of the theoretical perspectives and background to training; planning and delivery, and group facilitation
- Reflection upon the CPD role and responsibilities of the Health Creation Trainer
- Analysis of curriculum development, course planning, design and delivery in order to achieve agreed teaching aims and quality standards for Health Creation Training
- Engagement with teaching, student feedback and evaluation skills in practice
- Critical analysis of the range of CPD learning strategies employed within Health Creation Training with critical reflection upon their appropriate use
- Development of Mentor and Consultancy role modelling skills

- Study of the knowledge, skill and evidence base, learning aims, outcomes and competencies to be achieved in the role of the Health Creation Trainer in teaching the four Health Creation Modules cited above
- Engagement with supervised delivery of Health Creation
- Training under supervision of the Health Creation Training leaders
- Reflection of CPD practice upon personal performance with the development of critical self-evaluation, proactive self-care and professional supervision
- Study of the organisational and business requirements for the preparation, running and evaluation of Health Creation Trainings
- Engagement with the defining and fulfilment of personal and students' Continuing Professional Development needs.

Module 6

The Golden Path Spiritual Development Programme curriculum comprises exploration of:

- Our spiritual experiences and practices
- The spiritual teachings and teachers of great significance to us
- Our spiritual growth
- Application of our spirituality to the lives we lead

It can be taken at any time either to enable trainees to focus on their own spirituality or as a prelude for training as a Spiritual Mentor.

15. How are the Modules assessed?

Students taking Modules 1, 3, 4 and 5 will be assessed in terms of their knowledge, skills, practical ability and personal readiness to deliver the Health Creation Mentor, Consultancy and Training Services effectively. Modules 2 and 6 are for the student's personal study and self-development respectively, and are not-assessed

Qualification as a Mentor will be based on examination of:

Skills and competency through role plays

Knowledge of coaching materials, processes and safe practice through exam questionnaire

Write up of two reflective summaries of your own and your peer's Health Creation Journey

16. What is the philosophy of the Health Creation Mentor Training?

The Health Creation Mentor Training course is based on the following philosophy and key principles:

- 1 The holistic approach to health, which views the individual as a complex being with inter-related levels of mind, body, spirit and the environment. These four levels of being are used to understand the cause of illness, the needs of a person when dealing with illness and the potential pathways to recovery.
- 2 That the trainee is developed both as a resource themselves for their clients, and also as a link to all other appropriate, psychological, social, self-help, complementary therapy and spiritual resources.
- 3 The active partnership of individuals in their own health care, both in terms of harnessing the understanding and self-healing potential of an individual and in giving them dignity, respect and control.
- 4 That the client is empowered first at the therapeutic, then at the self -help level to promote health at all levels of mind, body, spirit and environment.

- 5 The overarching ethos of our service is the giving of non-judgemental, loving support. We believe that this is the necessary catalyst to enable those in distress to help find their way out of suffering and to transform their crisis into an opportunity for self- development and healing.
- 6 That we will build on the existing knowledge, skills and experience of the student whatever their starting point and relate the theoretical and practical content of the course to the student's life and personal situation.
- 7 That the course will be experiential in nature in order to encourage self-development of students so that they are best able to guide others in Health Creation processes in their role as Mentor.
- 8 That the students will be both a resource and provide mutual support for each other within the training group.
- 9 Commitment to ensure the that group agreements regarding confidentiality, personal boundaries and the Health Creation Code of Professional Practice are adhered to at all times.
- 10 That the course will help to facilitate the trainee's personal growth and positive health

17. What is the course structure of the Modules and academic study?

Modules 1, 3 and 4 have a six month training followed by a six month probationary period to practice and develop skills. Module 2 runs over 12 months as a home study programme with supportive tutoring and webinars. Module 5 involves experiential learning through involvement in delivery of HC modules and academic study of teaching and learning theory and practice. The associated Study Module is in Coaching and Mentorship which involves attendance at Bath Spa University.

The structure of Modules 1, 3 and 4 is:

Months 1 to 6:

- 8 days of face to face training in 2 or 3 day blocks (online during lockdown)
- Home study programme with monthly learning tasks and telephone partner work
- Tutorial, Mentor and Consultant Development support by telephone and webinar
- Skills evaluation and submission of written work at the end of the first six months

Month 7 to 12

- Probationary case study work with Mentor and consultant development support

Month 12

Submission of case study work. This period can be extended if necessary to complete the required level of case study work and personal/professional development for readiness to practice.

The structure of Module 2 Online is:

Months 1 to 6:

- Self-directed distance learning study of the evidence for the 12 Health Creation Principles. Because of the rolling nature of this programme, students can enrol on the module and commence study at any time. (Note: if more time is needed to complete, this can be negotiated)

The structure of Module 5 involves:

- Attendance as assistant at HC training modules
- Supervised leadership of HC training modules
- Home study of the theory and practice of training in health coaching, mentoring and consultancy with tutorial and webinar support.

The structure of Module 6 involves:

- Attendance at four weekends
- Professional and peer mentorship through a self-directed spiritual development programme

The structure of the academic Independent Study Modules is:

- 100 hours of self and tutor directed study in relation to the theory, principles and practice of the module being studied.
- Conducting of a research enquiry into an aspect of interest relating to the module being studied
- Writing of a 5000 dissertation on the findings of this study and research enquiry.

18. What teaching and learning methods are employed on the course?

A variety of learning strategies are employed on the Health Creation course. Techniques will include directed and self-directed learning, facilitator-led sessions, seminars, group work, discussions, demonstrations, practical and experiential exercises. Within the course there is a strong emphasis on experiential learning, and role-play is used both to demonstrate and facilitate understanding of all key needs and vulnerabilities encountered in Health Creation clients. In this way, students are able to practise elicitation of the client's state and needs in the situations they are most likely to encounter, and practise giving the appropriate response.

By embarking personally on the Health Creation Programme themselves and by peer mentoring a fellow trainee over the six months, students will both experience the Health Creation Programme itself and also practise the application of the Programme. Emphasis is placed on using reflective learning, and also on learning by exploring aspects of the student's past and current personal and professional experience. The training will also include self and peer assessment.

Group discussion will be used to encourage students to identify knowledge and understanding gained, which can then be applied both personally and within the Mentor role. Academic study within the ISM will include critical engagement with theoretical frameworks and research in order to relate theory to practice and develop the student's critical thinking.

19. What are the requirements for attendance and qualification

It is essential that students cover the required learning in all elements of the module being studied in order to qualify. If a weekend is missed due to extenuating circumstances then students may attend the missed weekend on the following course, or arrange to catch up with the course leaders.

Acceptance onto Modules does not guarantee qualification. Due to the great sensitivity of this mentoring and consultancy work, it is vital that those who qualify are able and confident to support, encourage and guide people at their most vulnerable time. Close attention is paid to the trainers' and student's own assessment of the readiness to perform these roles.

20. What are criteria for selection of students?

Students will be selected on the basis of:

- Their enthusiasm and commitment to the Health Creation aims and the development of positive proactive healthcare in their own sphere of work
- Personal warmth, wisdom and compassion
- Communication skills with counselling skills qualification or equivalent experience
- Holistic healthcare experience and knowledge
- Some relevant illness experience professionally, personally or as a carer
- Emotional stability and good mental health
- Personal application of healthy lifestyle and holistic self-help
- Ability to start and maintain a professional Mentor or Consultancy Practice
- Ability to be a good representative for Health Creation.
- CRB clearance (to demonstrate a clean police record)

Acceptance on the BSU modules will be according to

- Appropriate prior qualifications or relevant prior certificated learning for academic pathways at level 6 or 7.

21. What is the process of trainee application, selection and registration?

For Health Creation modules applicants must:

- Complete a Health Creation Training Application Form. This is obtained from Health Creation on 01225 745737 or to download at www.healthcreation.co.uk/training
- Applicants will then have a telephone interview with the relevant Module Leader to ensure personal suitability for the Health Creation course.
- Suitable applicants will then enrol and arrange fee payment to Health Creation
- Once a student is enrolled on the course, they will receive their Health Creation materials and a list of the pre-course work so that they can immediately begin their course preparation.
- Prior to Mentor Training, Module 1, all students will be offered up to three pre-training mentor sessions with Lead Trainer and Course Tutor, Sue Caden.

For Bath Spa University applications

- Applicants wishing to enrol on the Study Modules (ISM) will register with Bath Spa University after interview and acceptance by Module leaders.
- If participants need to gain confirmation of the suitability of their academic qualifications for study at level 6 or 7, they will be asked to forward a CV to the Academic Co-ordinator for the Post-graduate Masters Programme.

22. Where does the training take place and what facilities does the venue have?

Health Creation courses will take place at various locations in the Bath and Somerset area depending on the nature of the module.

Drinks, snacks and lunch are included and will be provided throughout the courses (when we are able to hold these in person) on arrival, mid-morning, lunchtime and mid-afternoon. Accommodation is not provided within the course fee and students are recommended to book early as Bath gets very busy!

23. When do the Modules commence?

Module 1 –Autumn and Winter Term

Module 2 – Rolling programme starting at any time

Module 6 – Summer Term

Module 3 and 4 – Variable

Module 5 – Upon suitable application by those who have completed two or more HC trainings

Please see the current dates at www.healthcreation.co.uk/training

24. What are the Module attendance and study hours?

Each HC module will comprise a minimum of 200 hours of study including 8 days of attendance over four weekends. Attendance on the vocational course will be on weekends and will normally run from:

- 10.00am – 6.00 pm Saturday
- 9.30am – 5.00 pm Sunday

25. Who leads and teaches the modules?

Health Creation Courses:

- Dr Rosy Daniel - Medical Director of Health Creation who provides core teaching on all Modules.

- Sue Caden – Lead Trainer and Course Tutor
- Subject specialist teachers

BSU Study Modules:

The 30 credit ISM modules will be available within the Mentoring and Coaching award at Bath Spa University. They will be coordinated and delivered by the Academic Programme Coordinator and Tutors for Bath Spa University.

- Overall responsibility for the Bath Spa Independent Study Modules rests with Chair of the Professional Master's Programme, who is also Head of the Department of Continuing Professional Development, Bath Spa University.
- The modules are part of the Coaching and Mentoring Award at Bath Spa University which is led by Academic Programme Co-ordinator.

26. What are the module fees?

2020 Prices: (with concessions where appropriate)

Module 1: £1,900

Module 2: £500 with reduction to £250 for those on Mentor Training

Combined Diploma Course: £2,150 which includes the entire Mentor Training Course, the Online Module Principles and Evidence for Health and Wellbeing; the Cancer Lifeline Kit and Training Materials; 3 pre-course mentor sessions with Sue Caden.

Each academic 30-credit Study Module with BSU: circa £1000

27. What are the terms and conditions of payment and what help is available with funding?

Fees usually paid either in total before the course, or as a £500 deposit and six monthly payments.

Professional Career Development Loans

The Cooperative Bank offer Career Development Loans which can be applied for directly or via the Skills Funding Agency. Normal loan criteria apply.

Grants and Donations

Student Bursary funds may be available from the Health and Wellbeing Trust charity. If students can raise charitable funds for their training, these can be made payable to the Trust, which can then in turn award bursary grants. (see www.health-e-learning.org.uk)

28. What are the resources for the course?

Students will be provided with:

The Booklist of required and recommended reading

A booklist of required and recommended reading will be provided prior to each module

Pre-course Mentorship with Sue Caden

All Mentor Trainees will be offered up to 3 one hour sessions with Sue to ensure that they have experienced and understood the Mentor model personally. Our experience shows us that this benefits Trainees greatly as they are well briefed and much more confident when starting the course.

The Cancer Lifeline Kit and the Health Creation Training Manual

The Health Creation Training Manual will cover the context, structure, outline and content of the course and will be presented on weekend 1 or for virtual modules on the virtual learning platform. The training manual and virtual home study programmes will be supplemented/opened with relevant course reading material and information each weekend or monthly as appropriate.

Tutorial Support

Tutorial support will be available through telephone or Skype tutorials and webinars throughout the course. The Course Leaders are also available to answer questions throughout the course.

Upon completion of the training, trainees will be invited to their first Mentor Development day:

Mentor Development

Around 3 months after the course has finished, we meet again to review your Study Client work and also to help you prepare practically to start your practice. The cost of this day will be £80.

After qualification there will be monthly Mentor Development Groups at a fee of £10 pcm/£120 per annum.

Library Access – BSU students

Students who are registered with Bath Spa University will have access to the University Library and literature search facilities and will receive a username and password upon registration.

Virtual Learning Environment for BSU students – Minerva

BSU students will have access to the University's virtual learning environment, Minerva, which will provide additional teaching and study resources and the outline of the home study and student assignments.

29. What is the recommendation for supervision & emotional support?

The Health Creation courses takes place in an atmosphere of warmth and trust with great mutual support between students and course leaders. Whilst the course leaders will be available for the support of students during weekend courses, students must be aware that this will not be in a therapeutic capacity. Students must take responsibility for taking emotional issues that arise during the course of this training to their personal therapist or support network.

Once qualified and working with a number of clients, Mentors and Consultants are responsible for arranging their ongoing professional supervision, at a minimum level of one hour per month. Advice about finding suitable supervisors is available from Health Creation.

30. Graduation and Continuing Professional Mentor Development

Once Study Case work is successfully completed students will receive their graduation Certificate or full Diploma.

Students achieving an academic Postgraduate Certificate, Diploma or Master's will graduate at Bath Spa University.

Thereafter practising Mentors and Consultants will be advised to enrol on the Mentor Development Programme for monthly online development sessions. They will also be invited to attend Health Creation Continuing Personal and Professional Development (CPD) days to deepen their learning and experience of the Health Creation Principles.

We hope that all your questions have been answered in this document but please do not hesitate to contact us at Health Creation for more help on 01225-745737.

PLEASE SEND YOUR INITIAL ENQUIRIES ABOUT APPLYING FOR THE MODULES to Lead Trainer Sue Caden via sue.caden@healthcreation.co.uk and Sue will follow up with you directly. The application form is found at www.healthcreation.co.uk/training/ at the bottom of this web page.

With very best wishes and thanks for your interest. We look forward very much to working with you!

Dr Rosy Daniel and Sue Caden - Health Creation Medical Director and Course Leader

