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News From the Graduate School - Allied Health Summer 2021

Otterbein Office of Graduate Programs

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Graduate School News Highlights



From Dr. Barbara Schaffner, Associate Provost for Graduate Studies

Take Time to Appreciate the Work You Do

We are fast approaching the end of the COVID-19 pandemic in our country, and we could not be more pleased or thankful. Now is a time for reflection of our recent past, one that forced us all to face and acknowledge the horror of the disease and the effects on all our communities. History from the 1918 “Spanish flu” pandemic, which wiped out entire U.S. communities, allows us to review the response from some of the nurses that served during those horrific times. As recorded in *The Spanish Influenza Pandemic of 1918-1919: New Perspectives*, a student nurse named Mabel Chilson decided to join the ranks “of helpers” but wondered “were we helpless or could we fight?” Chilson recounted her experiences as challenging, but also as positive, “emphasizing the opportunity it held for meaningful ministrations.” [Continue reading >>](#)

SAVE THE DATE

Graduate Orientation
August 19, 2021 – The Point

**Graduate Fall
Guest Lecture Series
October 2021**



**OTTERBEIN GRADUATE SCHOOL
VIRTUAL INFORMATION
SESSIONS**

Graduate Programs:

- > **Allied Health**
Health & Wellness • Healthcare Administration
- > **Education**
- > **MBA**
- > **Nursing**

REGISTER TODAY!
Still Accepting Applications



**OTTERBEIN
UNIVERSITY**
GRADUATE SCHOOL

Allied Health **The Future of Allied Health: Health Coaching**

The Master of Science in Allied Health (MSAH) program is thrilled to announce our partnership with **Wellcoaches** to provide students with the foundational skills needed to begin a career in health and wellness coaching as well as the acquisition of additional interpersonal skills.

What is health and wellness coaching?

Health and wellness coaching is a growing field that allows health professionals to assist clients in pursuing enhanced health and wellbeing. According to the National Board for Health and Wellness Coaching, health coaches partner with individuals in a self-directed wellness enhancing process to produce lasting change aligned with the client's values (NBHWC, 2020; Home – NBHWC). Health coaches employ traditional health promotion strategies such as motivational interviewing, health theory implementation, and goal-setting as a companion on the journey to pursue health.

Unlike the traditional role of exercise physiologist, trainer, sports coach, or medical professional, the coach assumes the role of active listener, not expert, in order to provide a growth promoting atmosphere for sustainable change (Wellcoaches, 2020). Health coaches may operate independently or within health care practices, in workplace or community wellness centers, and can also use their skills in any healthcare setting.

The art of coaching and active listening is an asset to any individual in the health and wellness industry. Health coaching has improved patient outcomes amongst those with chronic conditions (Singh et al., 2020) as well as aid behavior modification associated with cardiovascular disease risk (An & Song, 2020). The American Medical Association approved new CPT codes for health and wellness coaching in December 2019 and continues to progress. It is an exciting time to be involved in the implementation of health coaching!

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Erica Van Dop
MSAH Graduate Director

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Grad School



Nursing



MBA



Allied Health



Education



Educational Math

