



CONTAGIOUS COURAGE

BECKY CURTIS, NBC-HWC



MEDICAL



MEDICAL



Health Care
Doctor
Hospital
Pharmacist
Nurse
Dentist
First Aid
Surgeon
Emergency

MEDICAL



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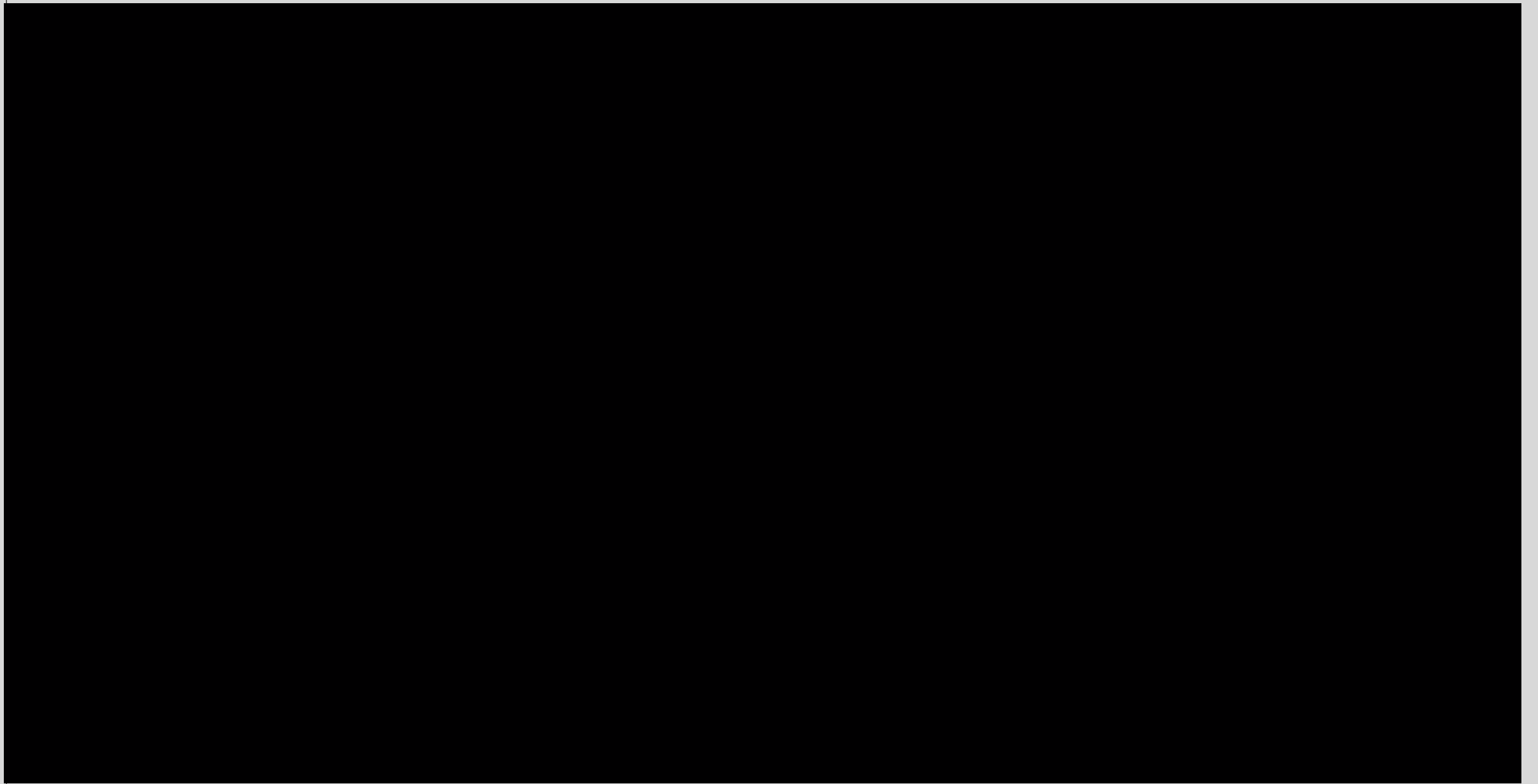


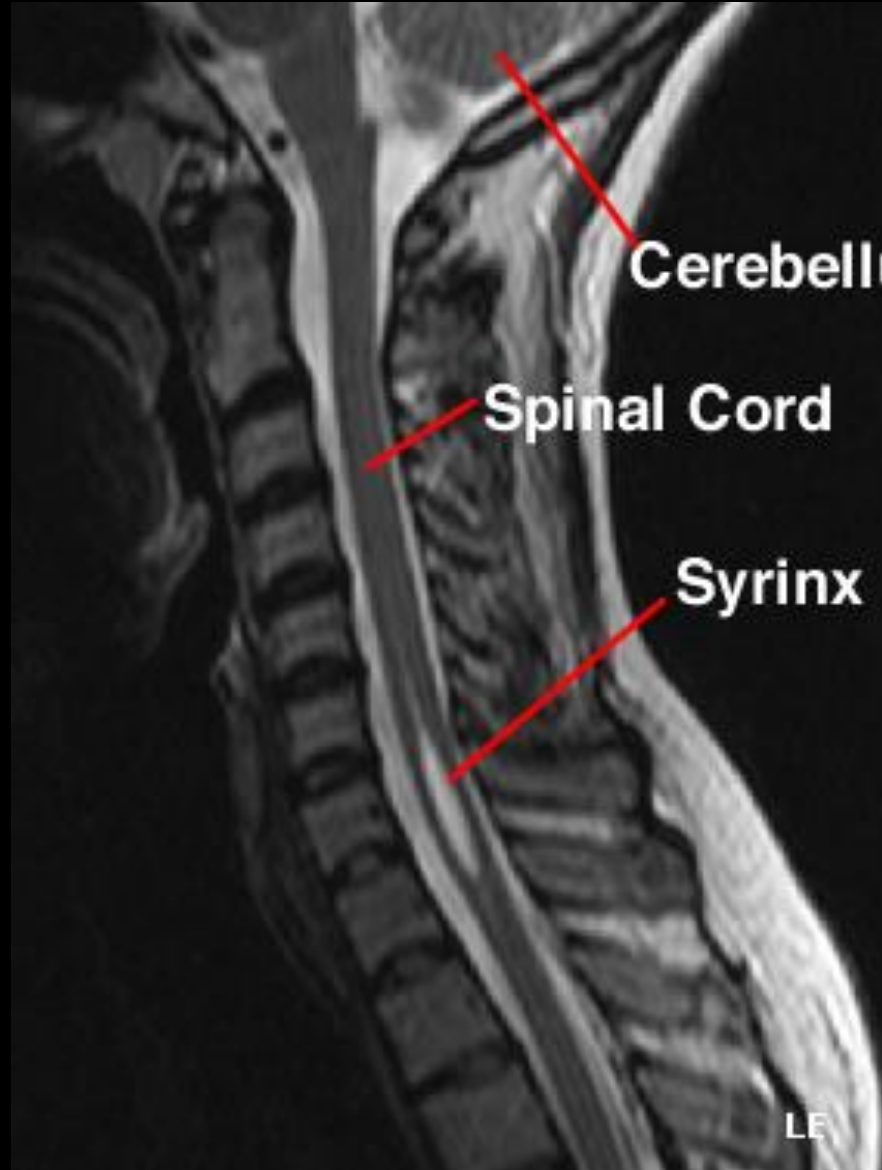
A close-up photograph of a person's hand adjusting a row of eight wooden blocks on a bright yellow surface. The blocks are arranged to spell out the word 'SYMPATHY' in a bold, black, sans-serif font. The hand is positioned above the 'E' and 'Y' blocks, with fingers gently touching them. The background is a plain, light-colored wall. The entire image is framed by a grey border.

S **E** **Y** **M** **P** **A** **T** **H** **Y**









Cerebellum

Spinal Cord

Syrinx

LE







NO!!!!

DR. GORSUCH



The Paradigm Shift

Moving from a passive “Cure me” mentality to realizing there are active things that can be done to manage the experience of pain.



What we focus on
we empower
and enlarge

“The longer we have been negative, angry and passive, the more brain change we will need to make. Because of the plasticity in our brain, **everything is reversible**. “In the same way that muscles and joints can be made more healthy and robust, so too can the homunculus arrangements in your brain.”







A Better Way to Communicate

“Health and Wellness Coaches partner with clients seeking self-directed, lasting changes, aligned with their values, which promote health and wellness and, thereby, enhance well-being. In the course of their work health and wellness coaches display unconditional positive regard for their clients and a belief in their capacity for change and honoring that each client is an expert on his or her life, while ensuring that all interactions are respectful and non-judgmental.

National Board for Health and Wellness
Coaching

NBHWC

The Coach Approach

- Builds a working relationship based on respect for the patient's ability to choose the right path for functionality.
- This style increases self-motivation.
- The patient has a greater sense of ownership.
- Patient will be more likely to start making and continue behavior change.

Gary A. Sforzo, PhD, Miranda P. Kaye, PhD, Irina Todorova, PhD, et al.
"Compendium of the Health and Wellness Coaching Literature." *American Journal of Lifestyle Medicine*. Vol 12 issue 6, pp 436-447.
<https://doi.org/10.1177%2F1559827617708562>. November 1, 2018. Accessed August 23, 2019.

Chronic Pain

- Behavior influences health outcomes
- Repetition creates new pathways in the brain
- Our repetitive thoughts and actions determine health outcomes
- The brain learns and can “unlearn”
- Sometimes our actions don’t align with our values
- Experiencing empathy helps us reconnect with our values and create neuroplastic changes that serve us

Motivation

Extrinsic

- Motivation driven by someone else (doctor, spouse, parent, insurance adjuster, landlord)
- Impersonal
- Sometimes meaningless to the individual

Intrinsic

- Motivation driven by YOU and your values
- Personal
- Internal
- Meaningful

Yes!!!

- Hiking with my family and friends
- Ability to read, pray, think clearly
- Self-manage instead being a passive patient
- The ability to learn and use other modalities

How You can Use Coaching to Inspire More Everyday Heroes

- Change your style to be more coach-like when working with patients.
- Get trained in Health and Wellness Coaching skills
- Refer Patients to a certified Health and Wellness Coach.
- Hire a Certified Health and Wellness Coach to work in your medical practice.



Questions and Answers

Becky Curtis, NBC-HWC
Take Courage Coaching, Founder
Becky@TakeCourageCoaching.com
406-381-2726