



Certified Personal Medicine Coach: Syllabus

Overview

Personal Medicine is medicine, but it's not a pharmaceutical and it's not prescribed by a doctor or nurse. Personal Medicine is what we DO, not what we take. It comes from within us. It is part of our human resilience and inner wisdom.

A Certified Personal Medicine Coach (CPMC) is an expert in supporting people as they discover and use Personal Medicine in their recovery. The CPMC Course combines online e-learning, practice, and group video coaching over the course of an 11-week curriculum.

Peer specialists, clinicians, occupational therapists, case managers, clinicians, psycho-social rehab practitioners, family supporters and other disciplines may enroll in the course. 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** | Founder – Pat Deegan PhD & Associates, LLC (PDA)
- **Allison Stiles MA, LPC, CPMC-T** | Associate at PDA
- **Missy Rufo, MS, CPRP, CPMC-T** | Associate at PDA

Course Delivery

Course is delivered through a combination of Group Coaching Calls (interactive video calls) and E-Learning (videos, quizzes, & 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 Group 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	1:1 Coaching Calls	Preparation for the Final
			Final Exam Submission
11	Certification Celebration	Coaching Call	Post-assessment & Course feedback



Detailed Schedule 11 hours (total for e-learning and 75 minute Coaching Calls)

Pre-work (2 mins)

E-Learning

- Self-assessment
- Download and begin reviewing CPMC Manual (1:05)
- Get set up with the community forum (0:46)
- Order your free Personal Medicine Guide

Week 1: Discovering Personal Medicine (1 hour, 38 mins)

Group Coaching Call

- Introduction of faculty and learners
- Overview of Course
- Overview of Learning Management System (commongroundprogram.com)
- Course and Attendance Expectations
- Q & A

E-Learning

- What is Personal Medicine? (3:01)
- Where did Personal Medicine Come From? (5:42)
- Is Personal Medicine Actually Medicine? (2:28)
- Does Personal Medicine = Coping Skills? (4:40)
- Disrupting Business as Usual (2:42)
- The Personal Medicine Worksheet (5:03)

Practice

- Complete the Personal Medicine Worksheet for yourself

Community Posting

- Engage in structured discussion with other learners

Knowledge Assessment

- Quiz: Personal Medicine Fidelity



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Week 2: Coaching with the Personal Medicine Worksheet (1 hour, 40 mins)

Group Coaching Call

- 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 in Personal Medicine (6:17)
- Coaching with the Personal Medicine Worksheet (10:59)
- Coaching Toward Fidelity (4:55)
- Why Certain Activities are not Personal Medicine (3:37)

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 (53 mins)

E-Learning

- Personal Medicine Cards (4:09)
- Custom Card (3:53)
- Explore Card Categories (45:00)

Practice

- Explore and use the Personal Medicine Cards for yourself

Community Posting

- Engage in structured discussion with other learners



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Knowledge Assessment

- Quiz: Personal Medicine Cards

Week 4: Coaching with the Personal Medicine Cards (1 hour, 29 mins)

Group 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 (14:13)

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 (12 mins)

E-Learning

- Personal Medicine Guides (3:41)
- Personal Medicine Guides: Learn (3:20)
- Personal Medicine Guides: Act (2:22)
- Personal Medicine Guides: Improve (2:10)

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 6: Coaching with Personal Medicine Guides (1 hour, 20 mins)

Group Coaching Call

- 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
- Q & A

E-Learning

- Coaching with Personal Medicine Guides (5:04)

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 (29 mins)

E-Learning

- Is Personal Medicine Anti-psychiatry? (3:02)
- Personal Medicine during Medication Reductions (2:33)
- Finding the Balance (5:48)
- Personal Medicine is Dynamic (5:42)
- Personal Medicine and Physical Health (4:41)



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- Personal medicine for Oppression: Widening the Lens (7:38)

Community Posting

- Engage in structured discussion with other learners

Knowledge Assessment

- Quiz: Going Deeper with Personal Medicine

Week 8: Pulling it All Together (1 hour, 17 mins)

Group Coaching Call

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

E-Learning

- Pulling it All Together (2:15)

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 (45 mins)

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



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Week 11: Certification Celebration (75 mins)

Group 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