



Earn your National Wellness Institute Certificate in Wellness in Clinical Practice

The National Wellness Institute **Wellness in Clinical Practice** (WCP) Professional Certificate Program provides the tools for participants to integrate the principles of evidence-based health behavior, wellness, coaching, health promotion, and disease prevention into their clinical practice. The program consists of 40 hours of self-paced online training.

Individuals who successfully complete the training and final exam within 120 days receive a Certificate in Wellness in Clinical Practice.

Who's taking this program?

The program content assumes participants already have a certain level of clinical knowledge; therefore, it is recommended for professionals working directly with patients/clients in a clinical setting: physicians, nurses, chiropractors, massage therapists, acupuncturists, traditional Chinese medicine practitioners, nurse practitioners, physical therapists, naturopaths, occupational therapists, clinical social workers, nurse midwives, physician assistants, registered dietitians, certified athletic trainers and other clinical providers, as well as advanced students who are working toward these types of professions.

Program Objectives

Following completion of the certificate program, participants will be able to:

1. describe the Ecological Theory of Health Promotion and how it pertains to wellness, health behavior, and planning of health and wellness programming at the clinical and worksite levels.
2. list the Six Dimensions of Wellness and describe how they may be applied to everyday clinical practice through health coaching, wellness and lifestyle modification, and use of clinical preventive services.
3. apply the basic concepts of health coaching and lifestyle counseling to patients/ participants in a clinical or worksite setting.

Faculty

The NWI Wellness in Clinical Practice professional certificate program is developed and taught by highly experienced and respected leaders in the health promotion and wellness.

Marion Willard ("Will") Evans, Jr., DC, PhD, MCHES®, CWP, professor and department head of Food Science, Nutrition, and Health Promotion at Mississippi State University.

Cheryl Hawk, DC, PhD, CHES®, Professor, Texas Chiropractic College

Michael A. Perko, PhD, MCHES®, FAAHE, Associate Professor in the Dept. of Public Health Education at the University of North Carolina-Greensboro.



Registration Rates

Option #1

(Save when you register for all units at the same time!)

All 20 Units

Current NWI Member: **\$1,000**

Non-member: **\$1,100**

Option #2

Section 1 (Units 1-10) only or Section 2 (Units 11-20) only

If choosing this option, you will first purchase Section 1. If you choose to continue with the program after successfully completing this section, you will be able to purchase Section 2.

Current NWI Member: **\$550** per section

Non-member: **\$600** per section

Register online at
NationalWellness.org/WCP

"It definitely improved my confidence, knowledge, and abilities in the field and left me with the ability and resources to continue researching in my specific area of focus."

- Veronica H., Registered Nurse

NationalWellness.org/WCP



Wellness in Clinical Practice Professional Certificate Program

Course Format

The WCP course consists of 20 self-paced modules. Each module contains two one-hour pre-recorded lessons and a quiz. Successful completion of a 50-question final exam is required to earn a **Certificate in Wellness in Clinical Practice**.

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| Unit 1 | An Introduction to the Concepts of Wellness, Health Promotion, and Prevention in Clinical Practice | Unit 11 | Evidence-based Weight Management |
| Unit 2 | Health Behavioral Theories and Models | Unit 12 | Application of Stress Management Techniques in Clinical Practice |
| Unit 3 | Implementation and Practical Application of Health Behavior Theories in Clinical Settings | Unit 13 | Injury Prevention and Control |
| Unit 4 | Principles and Application of Health Communication and Wellness Coaching | Unit 14 | Advising on Healthy Food Choices in Clinical Practice |
| Unit 5 | The Wellness Assessment Process | Unit 15 | Health Across the Lifespan |
| Unit 6 | Foundation and Resources for an Evidence-based Wellness Practice | Unit 16 | Historical Overview of Worksite Health Promotion |
| Unit 7 | Community Health Advocacy for Clinical Providers | Unit 17 | A Vision for Health in the 21st Century |
| Unit 8 | Tobacco and Other Substance Abuse | Unit 18 | Benchmarks of Evidence-based Worksite Health Promotion Programs |
| Unit 9 | Advising on Physical Activity in the Clinical Setting | Unit 19 | Worksite Health Promotion Program Design |
| Unit 10 | Equipping Your office for Wellness and Health Promotion | Unit 20 | Course Summary |

Continuing Education Credit for Certifications/Licenses Currently Held

Individuals who successfully complete the WCP program and complete the evaluation form may earn 40 continuing education credits toward certifications/licenses they currently hold. The following CEC types are approved for this program:



ACSM: The American College of Sports Medicine's Professional Education Committee certifies that "National Wellness Institute" meets the criteria for official ACSM Approved Provider status from (December 2018 – December 2021). Approved Providers and their content reflect the concepts of their respective organizations and do not necessarily represent the positions or policies of ACSM. Providership # 661228



NCHES (CHES®/MCHES®): This program is sponsored by the National Wellness Institute, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES®) and Master Certified Health Education Specialists (MCHES®) to receive up to 40 total Category I continuing education contact hours. Provider ID#:100859



SHRM: National Wellness Institute is recognized by SHRM to offer Professional Development Credits (PDCs) for the SHRM-CPSM or SHRM-SCPSM. This program is valid

for up to 40 PDCs for the SHRM-CPSM or SHRM-SCPSM. For more information about certification or recertification, please visit www.shrmcertification.org



NWI (CWP): Continuing education credits for the WCP program have been approved by the National Wellness Institute for NWI Certified Wellness Practitioners (CWP). You must hold an active NWI certification to earn "NWI" credits.

General Attendance Continuing Education Certificate: National Wellness Institute-verified contact hours for continuing education credit/certificate of participation.

NationalWellness.org/WCP