



Postgraduate

BIOPSYCHOSOCIAL LIFE COACHING WITH AN EMPHASIS ON WELL-BEING COACHING DE VIDA BIOPSISSOCIAL COM ÊNFASE NO BEM-ESTAR

Instituto de Psicologia e Ciências da Educação

Course coordinators:

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Universidade Lusíada - Norte
Porto



Instituto de psicologia
e ciências da educação
Universidade Lusíada - Norte (Porto)



CENTRO DE INVESTIGAÇÃO
EM PSICOLOGIA PARA O DESENVOLVIMENTO



INSTITUTO LUSÍADA
POS-GRADUAÇÕES

Postgraduate BIOPSYCHOSOCIAL LIFE COACHING WITH AN EMPHASIS ON WELL-BEING

Instituto de Psicologia e Ciências da Educação

Presentation

This course is held by the Institute of Psychology and Educational Sciences, at Lusíada University – North (Porto), in collaboration with the Psychology for Positive Development Research Center and the Anthropedia Foundation, a not-for-profit charitable organization USA.

The course was designed by the Anthropedia Institute, Anthropedia's Scientific Advisory Board, in collaboration with the Center for Well-Being at Washington University School of Medicine in St. Louis, USA. The course has been designed to prepare helping professionals for work in the fields of psychology, counseling, coaching, public health, and preventive health and well-being. The course consists of ten 4-day blocks over the course of 1 year.

The student is exposed to a mixture of teaching practices: didactic learning, experiential learning, personal study, and physical movement. The course addresses calls from world health organizations (e.g., the Centers for Disease Control and Prevention, World Health Organization) and federal governments for making changes in public health promotion strategies to reduce health care costs and to help individuals to make informed choices about their own health. Given the burden of lifestyle and stress-related illness in the world, there is a need for a new profession on health and well-being promotion that can complement and bolster the work accomplished by other health care professionals.

The attending students may come from different work environments, such as, community centers, clinics, hospitals, private practice, corporations, schools, and other health care venues. At the end of the course, besides credits, students may apply for becoming certified life coach with an emphasis on well-being by the Anthropedia Foundation. The graduates are expected to be experts in lifestyle transformation, stress management, and well-being promotion. All methods used in Anthropedia's coaching methods are evidence based, and studies have shown that participants in the training and those receiving coaching have statistically significant increases in character development and subjective well-being as measured.

The course is currently be offered at St. Louis University in St. Louis, MO, at the Academie Francaise de Coaching de Vie in Vallauris, France, at the University of Rome, Sapienza, in Rome, and at the Centre of Competence, Karlskrona, Blekinge, Sweden.

Objectives

Knowledge and Comprehension: Demonstrate knowledge and understanding in the field of well-being, including knowledge of the area's scientific foundation, and knowledge of applicable methods in the Science of Well-Being; and demonstrate comprehension on the basic concepts covered in the Know Yourself DVD Series and the Coaching Skills modules.

Skills: The student is expected to demonstrate competency in the use of the exercises demonstrated during the program; Demonstrate the skills required to work independently as a coach by delivering at least 5 pre-sessions and maintaining two clients; and demonstrate the ability to search, collect, evaluate and critically interpret relevant information in a problem and to critically discuss phenomena, issues, and situations.

Entrance Requirements

As a minimum requirement the applicant should have a *Bachelor's degree in a field relevant to the course or admitted to the Masters/Doctoral program in Psychology. In addition, the applicant will be interviewed as part of the entrance requirements in order to discuss and decide whether the training fits the applicant.

** A bachelor's degree is a course of higher education academic study leading to a qualification such as a bachelor of arts (BA) or bachelor of science (BSc). In UK bachelor's degrees are first cycle (end of cycle) qualifications in the Bologna Process*

Modules

Know Yourself: Principles of Well-Being I, II, III & IV (49 hours)

Coaching Fundamentals I & II, Anthropedia Coaching Methods and Techniques I & II, and Pedagogy for Helping Professionals (51 hours)

Body Practices for Well-Being I, II, III and IV (37.5 hours)

Foundations of Psychology, Human Development, and Psychopathology I & II (9.75 hours)

Nutrition and the Human Body I, II, III and IV (21.75 hours)

Scientific, Philosophical, and Cultural Foundations (9 hours)

Personality Assessment with the Temperament and Character Inventory (10 hours)

Foundations of Neuroscience I & II, and Topics in Neuroscience I & II (21 hours)

Duration

The Course has a total of 208 hours. All sessions in English.

Contacts

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