

## **GRADUATION PRESS RELEASE**

### **First Class of Nova Scotia Integrative Health Coaches Graduate *Certified Coaches Ready to Fill Gaps in Nova Scotia's Healthcare* FOR IMMEDIATE RELEASE**

(January 5, 2016) International Health Coaching Enterprises proudly announces the graduation of their first Nova Scotian class of integrative health coach professionals, who completed the training and certification in December, 2015. Graduates are located in Amherst, Halifax, Barrington and Yarmouth areas, and are equipped to fill gaps in an over-stressed system that provides mental health care. These certified coaches bypass the stigma of mental illness as they work to identify and treat psychological and emotional issues before they become life-altering problems that require more significant and costly interventions. Coaches focus on the mind-body connection and use evidence-based treatment strategies in conventional and alternative medicine that is age-specific to clients from teenagers to the elderly.

According to Nova Scotia's mental health and addictions services report (2012), nearly 200,000 Nova Scotians will experience mental health problems ranging from chronic and problematic to acute and debilitating. The present system is not equipped to provide appropriate mental health care to these residents. Reports have repeatedly indicated that many people who require treatment wait far too long to get into mental health services, or do not receive timely and consistent care, while others totally give up on life resulting in suicide.

Qualified coaches can step in to identify those that must receive immediate medical assistance and provide advocacy to community resources. They also provide preventative care by teaching cognitive-behavioral coping skills and strategies, leading to a better outcome for each individual and reducing the burden on an already overtaxed health care system. Dr. Nickerson states, "Each graduate of this class has achieved the high standards of certification and accreditation, and demonstrated significant ability, skill, and compassion in providing effective integrative health care services for clients suffering with psychological and emotional distress."

This Integrative Health Coach Training Program is based on decades of clinical and teaching experience in behavioral medicine by Dr. Wendy Nickerson, a Canadian Licensed Clinical Psychologist. Offered around the world via the web, the course is a four-month intensive program coupled with four additional weeks of practical experience and guidance on how to begin a successful career.

About International Health Coaching Enterprises: Founded by Dr. Wendy Nickerson in 2007, [www.internationalhealthcoachingenterprises.com](http://www.internationalhealthcoachingenterprises.com) provides web-based training in various aspects of mind-body wellness. The Integrative Health Coaching Course is certified by the International body – American Association of Drugless Practitioners. Further graduate contact information can be found on the website.

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