

The top corners of the slide feature decorative geometric patterns. The top-left corner has a vertical grid of squares, with some squares containing diagonal lines. The top-right corner has a similar grid, but with a circle in the top-right square and an 'X' in the bottom-right square.

# Health Coaching in Context: Advanced Practice Certificate

On Demand Information Session

[Jefferson.edu/HealthCoachingAPC](https://jefferson.edu/HealthCoachingAPC)



## Dr. MJ Mulcahey

Professor: Department of Occupational Therapy  
Director: Center for Outcomes and Measurement



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Jefferson


CREATE WHAT'S NEXT



Trained coaches have specific knowledge in coaching principles and a distinct skill-set for conducting coaching.

Coaching expands the toolbox of evidenced based interventions.

Coaching can be used by trained clinicians and health care professionals to improve health and functioning of persons living with or affected by chronic health conditions and decrease health care costs.



Health Coaching in Context is an Advanced Practice Certificate offered through the Jefferson College of Rehabilitation Sciences Center for Outcomes and Measurement

Designed for interdisciplinary professionals working with patients/clients with health and wellness concerns

100% Online, 9 Month Program

4 accelerated 3 credit courses

Health Coaching in Context includes 2 accelerated courses in the Fall and 2 accelerated courses in the Spring.

Courses build on evidence from positive psychology and principles of health coaching that promote self-efficacy and problem solving to support client's autonomy to live their best lives regardless of health circumstances.

The courses include:

- Introduction and Development

- Skills for Evidenced Based Coaching

- Reflection on Coaching Standards

- Coaching Evolution and Mentorship

Health Coaching in Context is stackable, course credits may be applied to the Post Professional OTD program

Some credits may be applied to certification by the International Positive Psychology Coaching Association

## The Health Coaching in Context Advanced Practice Certificate core faculty includes:

**MJ Mulcahey, PhD, OTR/L**

Professor

Director, Center for Outcomes and Measurements

**Marie-Christine Potvin, PhD, OTR/L**

Associate Professor

**Nicole Gerhardt, MS, OTR/L, CBIS**

Clinical Research Coordinator

# MJ Mulcahey, PhD, OTR/L

FACULTY PROFILE

Director: Center for Outcomes and Measurement

Department of Occupational Therapy, Professor

Department of Physical Medicine and Rehabilitation, Sidney Kimmel Medical College, Professor

## Education

- PhD, Capella University, Minneapolis, MN
- MS, Thomas Jefferson University, Philadelphia, PA
- BS, Gwynedd-Mercy College, Gwynedd Valley, PA

## Certifications

- Certified Life Care Planner, CLCP #1520
- Certified Competent Coach
- Licensed Occupational Therapist: Pennsylvania PA #OC-002430-L, South Carolina SC #3188 (inactive), Florida FL #OT12541 (inactive), Massachusetts #9314 (inactive)
- National Board Certification for Occupational Therapy

## Research & Clinical Interests

- Development, validation, and implementation of precise, meaningful, and psychometrically sound outcome measures
- Building evidence to support recovery, compensatory and interventions for persons living with and affected by chronic conditions
- Promoting best practice in rehabilitation and habilitation through knowledge translation and implementation science methodologies
- Life care planning
- Health Coaching in Context





# MJ Mulcahey, PhD, OTR/L

## FACULTY PROFILE

Dr. Mulcahey was originally introduced to coaching during her tenure as member of a hospital executive team. She trained in an executive coach system for organizational performance based on the work of business coach, Michael Jay. More recently, she has studied coaching as a complimentary approach to support persons living with and affected by chronic conditions. She has completed formal training in coaching and am a certified competent coach is currently completing certification in Positive Psychology Coaching. Dr. Mulcahey has extramural and intramural grant funding to examine the feasibility and outcomes of coaching persons with and affected by chronic conditions such as spinal cord injury, stroke, autism, and developmental disabilities.

Her interest in teaching Health Coaching in Context is directly related to her belief that persons have the capacity to live meaningful and fulfilling lives in spite of chronic conditions and challenging circumstances. She states “Health Coaching in Context is a skillful dialogue that uses reflective and powerful questions that support the client to identify and act upon solutions to challenges to everyday living.” Many professionals report using coaching within their practice\profession, but have never been trained in coaching or are unable to demonstrate the essential features of coaching and articulate how they are uniquely different than features of their discipline-specific practice (for example, education, nursing, occupational and physical therapy).

“I am committed to teaching in this APC so that graduates can coach within their practice with a high degree of adherence to essential coaching features thereby having the greatest impact on clients they serve.”

# Marie-Christine Potvin, PhD, OTR/L

Department of Occupational Therapy, Associate Professor

FACULTY PROFILE

## Education

Post-Doctoral Fellowship, University of Vermont  
PhD, Rehabilitation Sciences, McGill University  
MHS, Medical University of South Carolina  
BS, Occupational Therapy, McGill University

## Certification

National Board Certification for Occupational Therapy  
Licensed Occupational Therapist: Pennsylvania  
Sensory Integration and Praxis Certificate in Assistive Technology

## Research and Clinical Interests

Social participation and quality of life of children with autism and their family members  
Academic success of youth and young adults with disabilities  
Empowerment and quality of life of parents of children with disabilities  
Inclusive practices in public schools and institution of higher education  
Interprofessional collaboration to enhance children's outcomes

# Marie-Christine Potvin, PhD, OTR/L

FACULTY PROFILE

Dr. Potvin's interest in coaching grew from working with families who have children with autism spectrum disorder (ASD), and realizing that more needed to be done to help them live meaningful lives. These families had clear goals and needs related to their child with ASD. The service provision models focus on working with the child, usually on remediating impairments, without harnessing the strengths of the family to achieve their goals. Coaching was the apparent solution, but few rehabilitation professionals were trained in this intervention.

With an interprofessional group of colleagues, Dr. Potvin developed a coaching process called *Coaching in Context* (Potvin, Prelock & Savard, 2018) which is intended to allow rehabilitation professionals to tap into the power of coaching. She has used this process with families who have children with ASD, and most recently with college students who have a variety of disabilities (Boney, Potvin & Chabot, 2019). Dr. Potvin is currently enrolled in the School of Coaching Mastery Certified Positive Psychology Coach Program.

Dr. Potvin believes that “coaching is the missing tool in most rehabilitation professional toolbox. The students and clinicians that have taken our Coaching in Context workshop and implemented it in their workplace, have invariably seen its value, from school-based practice through acute care tertiary hospitals.” Her extensive experience with coaching and online teaching brought me to want to teach in this new, innovative APC.

“Nimbleness and creativity are asset of our institutions that help us better prepare students to work in tomorrow's environment.”

# Nicole Gerhardt, MS, OTR/L, CBIS

Center for Outcomes and Measurement, Research Coordinator

## Education

MSOT, Misericordia University, Dallas, PA

## Certification

National Board Certification for Occupational Therapy

Licensed Occupational Therapist: Pennsylvania

Certified Brain Injury Specialist

Assessment of Motor and Process Skills (AMPS) Certified

## Research & Clinical Interest

Coordination of multi-center research studies surrounding the development of outcome and fidelity measures

Contributing to the evidence-base for interventions to improve quality of life for individuals with chronic conditions

Pediatric rehabilitation and post-acute adult neuro-rehabilitation, with a focus on community reintegration following an acquired brain injury

# Nicole Gerhardt, MS, OTR/L, CBIS

Within the Center for Outcomes and Measurement, Nicole is a clinical research coordinator for a coaching study serving caregivers of adolescents with spinal cord injury and with adults with spinal cord injury. Through her involvement with these studies, she has been able to engage in coach training with Dr. Winnie Dunn. As part of this coordination work, she has assisted with the development and reliability testing of a Health Coaching in Context fidelity measure. She also serves as a coach within a study involving caregivers of adults who have had a stroke.

Nicole is currently enrolled in the School of Coaching Mastery Certified Positive Psychology Coach Program.

Nicole reports “Through my exposure and participation in coaching, I have gained much admiration for this intervention for its use with both individuals with various health conditions and their caregivers. Learning how to empower someone to identify goals and problem solve to achieve these goals is a vital skill that can be used by countless professionals to improve the quality of life of their clients. I hope to increase the awareness of this intervention and to help professionals implement it with fidelity.”

# Admissions Requirement Checklist

- Prerequisites:
  - Active professional credentials such as a license, registration or certificate
  - Bachelor's Degree
  - Recommended: 1 year of work experience in the profession
- Application Deadline:  
August 1
- Application Requirements:
  - Official Transcripts from all universities/colleges attended
  - Professional License
  - CV/Resume
  - English Language Proficiency
- Create an Application on the Portal
  - <https://tjapp2020.liaisoncas.com/applicant-ux/#/login>

## Office of Admissions

Leslie Hindman, Sr. Director of Graduate Admissions

[Leslie.Hindman@Jefferson.edu](mailto:Leslie.Hindman@Jefferson.edu)

## Financial Aid

[jefferson.edu/tuition-and-financial-aid.html](http://jefferson.edu/tuition-and-financial-aid.html)

Email Address: [Financial.Aid@Jefferson.edu](mailto:Financial.Aid@Jefferson.edu)



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