Wellness Coaching Outcomes in a Case Report of a Native American Diabetic Male

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ABSTRACT
Medically referred wellness coaching clients may present thinking patterns that generate internal resistance to change including lack of urgency, inadequate incentives, and uncertainty about what they need to do differently.1 Applying the Wellcoaches (Wellcoaches Corp, Wellesley, Massachusetts) model interventions within a framework of the four domains of learning (cognitive, affective, behavioral, and conative)2 can enhance wellness coaching outcomes. This case report reviews wellness coaching outcomes with a 44-year-old single male tribal member of a Midwest Native American tribe who recently had been diagnosed with diabetes. Challenges presented by resistance to change and a discussion of the four domains of learning applied to wellness coaching are also reported.

REFERENCE

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