



**NESTED
HEALTH COACH
CERTIFICATION®**



**CLINICIAN'S
INCUBATOR**

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Questions?

Drop us a line at info@cliniciansincubator.com

WELCOME



CLINICIAN'S
INCUBATOR



We founded Clinician's Incubator (training hub) and Nutrition Hive (medical nutrition therapy practice) to introduce a new way to approach health. This "nested" approach uses science-forward functional medicine tools combined with a trauma-informed behavior change skills, resulting in a radically client-led approach that works.

We've developed the Nested Health Coach Certification to take everything we've learned from the practice of trauma-informed nutrition, and apply it to a coaching model. Nested Health Coaches inspire change, increase self-efficacy, and help clients find safety in their bodies, resulting in vibrant health and wellness.

We're excited to show you our NBHWC Approved Training Program, and we hope to meet you soon!

Liz Abel, Meg Bowman, and Alyson Roux

Co-Founders, Clinician's Incubator & Nutrition Hive

nested health coaching[®]

/nes-tid hēlth koch-ing/ noun

the practice of client-centered, trauma-informed health coaching that accelerates client behavior change through evidence-based approaches.

THIS CERTIFICATION WILL CHANGE THE WAY YOU PRACTICE.

Therapists: Broaden Your Scope

We know you're already good at supporting clients through change. But do you know how to encourage evidence-based food, exercise, and lifestyle interventions to improve both physical and mental health? Learn a functional, root-cause approach to mental and physical health from expert health coaching and nutrition faculty, as well as your nutrition peers!



Nutrition Pros: Master Behavior Change



You already know pathophysiology and biochem, as well as the ins and outs of nutrition science. But do you know how to get a client who is stuck to take the next step? Do you feel confident in a client-led approach? Develop your rapport skills and learn expert behavior change from the health coaching faculty and your therapy course peers!

What makes us unique?



Finish in 12 Weeks

Learn the material, and apply it to your practice in **just 12 weeks**.



Open to Providers

Exclusive to therapy, nutrition, and other healthcare providers so you can **learn with peers**.



100% Live Delivery

This course is delivered 100% live, which means **no watching hours of videos on your own**.



Live Feedback

We provide **twice the amount of live faculty feedback required** by the NBHWC board so you can get rock-star confident with your skills



Clients Provided

To get the faculty feedback described above, you'll need clients. **We provide them!**



CEs Available

25 CE's are available for CNSs. CE's for therapy providers are expected for 2024.

See how we stack up:



	Nested	mindbodygreen	wellcoaches	Duke
ACCREDITATIONS: Approved by NBHWC	✓	✓	✓	✓
FLEXIBLE PAYMENTS From \$192/month with early bird discount	✓	✗	✗	✗
PROGRAM LENGTH Completion in 12 weeks	✓	✗	✗	✗
CLASSMATES Learn only with healthcare peers	✓	✗	✗	✗
CLIENTS Clients provided for in-class assignments	✓	✗	✗	✗
FREE EXAM PREP Included	✓	✗	✗	✗
100% LIVE DELIVERY No online videos to watch	✓	✗	✗	✗
TWICE THE FACULTY FEEDBACK Required by the NBHWC	✓	✗	✗	✗
FUNCTIONAL MENTAL HEALTH NUTRITION Training bundle included, with a value of \$2,995	✓	✗	✗	✗

National Board Approved

We know it's essential to stand out from your peers. That's why we ensured the Nested Health Coach training program was backed by the National Board for Health and Wellness Coaching (NBHWC), the national gold standard in health coach training.

Gain a distinguished credential to help you stand apart from other health coaching peers and get your NBC-HWC.

Clinician's Incubator - Certificate in Trauma-Informed Health Coaching is an Approved Health and Wellness Coach Training & Education Program by the National Board for Health and Wellness Coaching (NBHWC). Graduates of this program are eligible to apply for the HWC Certifying Examination to become National Board Certified Health & Wellness Coach (NBC-HWC).



**APPROVED
TRAINING
PROGRAM**

To get your NBC-HWC, you'll need to:





SPRING 2024 SCHEDULE

March 1 - May 31, 2024

ALL TIMES LISTED IN EST

Please note: We do not anticipate dates or starting time to shift, there may be small 5-10 minute shifts in ending times.

Theme	Keypoints	Dates
Week #1: The Trauma-Informed Coaching Relationship	In our first week, you'll learn how the coaching model differs from therapy and nutrition counseling, discover the impact of trauma on health and wellbeing and explore client autonomy and motivation.	March 1: 12:00-6:00 March 2: 10:00-6:00 March 3: 10:00-2:30
Creating Safety for Change	We'll do a deep dive into the development of client trust and rapport as a way to co-regulate and provide a safe space for pivotal change	March 8: 12:00-3:30
Coaching Structure	We'll walk through the details needed to prepare for, and conduct a coaching session and also get some practice coaching peers.	March 15: 12:00-3:30
Health Competencies #1	We'll explore the following health topics: Diabetes, hypertension, heart disease and stroke, as well as lipid abnormalities.	March 22: 12:00-3:30



SPRING 2024 SCHEDULE

March 1 - May 31, 2024

ALL TIMES LISTED IN EST

Please note: We do not anticipate dates or starting time to shift, there may be small 5-10 minute shifts in ending times.

Theme	Keypoints	Dates
Health Competencies #2	We'll explore the impacts of alcohol and tobacco on health, and also explore sleep and metabolic syndrome/arthritis.	April 5: 12:00-3:30
Weekend Intensive #2: The Science of Happiness	In the second intensive, we seek to understand the evidence-based approaches to creating health and improving mood, all the while upping our behavior change skills.	April 12: 12:00-6:00 April 13: 10:00-6:00 April 14: 10:00-2:30
Nutrition Basics	We'll explore foundational nutrition concepts and explore how public health nutrition guidelines differ from how we work with individuals.	April 19: 12:00-3:30
Movement & Exercise	In this interactive session, we'll explore how physical activity can support a client's mental and physical health, and discuss the challenges in coaching for movement.	April 26: 12:00-3:30



SPRING 2024 SCHEDULE

March 1 - May 31, 2024
ALL TIMES LISTED IN EST

Please note: We do not anticipate dates or starting time to shift, there may be small 5-10 minute shifts in ending times.

Theme	Keypoints	Dates
Weekend Intensive #3: Trauma Informed Coaching + Strengthening a Growing Mindset	In this final weekend intensive, we do a deep dive into how to shift a client's perspective and build the self-efficacy that we know positively impacts health.	May 3: 12:00-6:00 May 4: 10:00-6:00 May 5: 10:00-2:30
Coaching Mastery	Support clients in developing solid plans for ongoing success through motivational interviewing and careful attention to their needs.	May 10: 12:00-3:30
Coaching Mastery	Assist your coaching clients to evaluate and integrate health information from a lens of reducing harm and improving health.	May 17: 12:00-3:30
Graduation	We'll celebrate your learning, and showcase the test preparation tools from Nested.	May 31: 12:00-3:30

Program Faculty



Laura Demeri
MS, NBC-HWC, CCP, DipACLM

Laura is an award winning educator, national board-certified health and wellness coach, and an American College of Lifestyle Medicine Diplomat. Learn more about [her here](#).



Kathleen Belonga
MA, NBC-HWC

Kathleen is a health and wellness professional with a masters degree in workforce education, development, and leadership offering over a decade of experience in the wellness industry. She has a graduate certification in holistic health, as well as certifications yoga, mindfulness, functional nutrition, and yoga for bone health.



Amber Ferschweiler
MPH, NBC-HWC

Amber is a national board-certified health and wellness coach, a mindful eating facilitator and a public health professional. She has worked in the field of health care for over 20 years as a health coach, health educator, and environmental health specialist and holds a bachelor's degree in Human Biology and a master's degree in Public Health.

Program Faculty



Meg Bowman
MS MA CNS LDN CHES

Meg is a licensed nutritionist specializing in nutrition for trauma, mental health, and GI conditions. She mentors CNS candidates through [Clinician's Incubator](#), and sees clients through [Nutrition Hive](#). Learn more about Meg [here](#).



Ashley Comparin
MS CNS LDN

Ashley graduated with a master's in nutrition from American University and works with clients at Nutrition Hive as well as being a clinical supervisor for Clinician's Incubator. She specializes in gut health, intuitive eating, and sports nutrition and enjoys photography, cooking and hiking in her free time.



Alyson Roux
MS MFA CNS LDN

Alyson is a clinical nutritionist who specializes in working with healing relationship to food and eating disorders, mental health, related gastrointestinal conditions, as well as fertility support for those in recovery from ED. With her background working in the arts and entertainment industry, Alyson has special interest in working with artists and health behaviors.

Nested Investment

Use Affirm to divide
payments into 6, 12, or
24 months starting at

\$225
per month

With Affirm, you can choose to divide your enrollment fee for the 12-week Nested Health Coach Certification into 6, 12, or 24 monthly payments with zero interest.

Enrollment & Graduation



Enrollment Requirements

The Nested Health Coach Certification is designed for healthcare practitioners, and those studying to become licensed/certified. Eligible degrees and certifications include, but are not limited to: nutrition providers and students (CNS, RD, LDN, CNS candidate, RD2BE); therapy providers and students (counselors, social workers, marriage and family therapists, psychologists); health education providers (CHES), physicians, nurses, and allied health professionals.



Graduation Requirements

The Nested Health Coach Certification is granted to those who:

- Complete all program requirements within the 12-week course, including attendance at virtual live lessons. If you need to be absent during a portion of the lessons, please speak to your Program Director. The NBHWC board has strict requirements about how much course time can be missed while still being eligible for board certification.
- Record 6 coaching sessions with clients (provided), and meet with coaching faculty to review these recordings (Practical Skills Assessments or PSAs).
- Pass all comprehension checks, including earning 80% or higher on the final practical skills assessment.

FAQs

What is "Nested" health coaching and why does it matter?

Nested coaching is the practice of client-centered, trauma-informed health coaching that empowers whole-person wellness using holistic nutrition, lifestyle, and mind-body practices.

Is your program NBHWC certified?

Yes! Clinician's Incubator - Certificate in Trauma-Informed Health Coaching is an Approved Health and Wellness Coach Training & Education Program by the National Board for Health and Wellness Coaching (NBHWC). Graduates of this program are eligible to apply for the HWC Certifying Examination to become National Board Certified Health & Wellness Coach (NBC-HWC).

How long does it take to complete the course?

You'll complete this course in just 12 weeks.

Can I join the program?

The program is designed specifically for nutrition, allied health, therapy providers and health educators, as it has a focus on trauma-informed nutritional approaches for mental and physical health. Other individuals may inquire on a case-by-case basis.

Will I have homework between sessions?

We don't assign reading homework between class sessions, although we will provide optional reading and listening resources. To graduate, you will need to review your recorded client work (accomplished within class time) live with faculty. This happens independently of class time and in total takes about 3 hours total.

I need 50 Coaching sessions to sit for the HWC Certifying Exam. Do I get those in this program?

To be eligible for the HWC Certifying Exam, you'll need to complete 50 coaching sessions of at least 20 minutes each. You'll be eligible to start accruing coaching sessions after completing your sixth faculty coaching review. You can still graduate the program without completing the 50 coaching sessions, you just may not be eligible to apply for the HWC Certifying Exam until these sessions are complete.

Next steps



Schedule an Info Session

We can't wait to have you join our community! Enroll today and transform the way you practice.

Still have questions? Send an email to nested@cliniciansincubator.com or schedule a free info session to chat with a faculty member.