ACHS Launches New NBHWC-Approved Training Program

ACHS expands health and wellness coaching education with evidence-based training, applied practice, and a pathway toward national board certification.

PORTLAND, OR, UNITED STATES, September 16, 2026 / EINPresswire.com/ -- American College of Healthcare Sciences (ACHS) is pleased to announce that NAT 550: Principles and Professional Practice of Health and Wellness Coaching is an NBHWC-Approved Training Program, providing students with applied, evidence-based training designed to build professional health and wellness coaching skills.

American College of Healthcare Sciences - Accredited Higher Education Institution, ACHS.edu

Approved by the National Board for Health & Wellness Coaching (NBHWC), NAT 550 combines coaching theory, behavior-change science, ethical practice, and hands-on coaching experience. Students develop and demonstrate competencies relevant to professional health and wellness coaching, including Motivational Interviewing, behavior-change strategies, culturally responsive coaching, ethical decision-making, and effective coaching relationships.

> Effective health and wellness coaching goes beyond theory. NAT 550 combines evidence-based coaching science with applied practice, preparing graduates to pursue national board certification."
>
> *Dr. Patricia Kaufman, Dean of Integrative Health and Nutrition at ACHS*

"Effective health and wellness coaching is about more than understanding coaching theory – it requires the ability to listen, build trust, and help people translate knowledge into meaningful, sustainable change," said Dr. Patricia Kaufman, Dean of Integrative Health and Nutrition at ACHS. "That's exactly what we built NAT 550 to teach: evidence-based coaching science paired with real, faculty-observed practice sessions and a formal skills assessment,

not just coursework. Achieving NBHWC Approved Training Program status validates that rigor, and it means our graduates are eligible to sit for national board certification and ready to coach from day one."



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What Is the New NBHWC-Approved Training Program at ACHS?

NAT 550: Principles and Professional Practice of Health and Wellness Coaching takes an applied approach to developing health and wellness coaching skills while meeting the standards established for an NBHWC-Approved Training Program.

Students build coach presence, cultural humility, and fluency in motivational interviewing while learning to apply evidence-based behavior-change science across dimensions of whole-person wellness.

Coursework incorporates established approaches, including the Transtheoretical Model, Self-Determination Theory, Social Cognitive Theory, growth mindset, positive psychology, and appreciative inquiry. Students also examine chronic condition risks and social determinants of health (SDOH) to better understand the factors that influence health, wellness, and behavior change.

What Will Students Learn in NAT 550?

NAT 550 combines evidence-based coaching concepts with opportunities for students to apply what they learn. During the course, students will:

Build coach presence, cultural humility, and fluency in Motivational Interviewing.
Apply evidence-based behavior-change science across dimensions of whole-person wellness.
Work through ethical scenarios involving confidentiality, dual relationships, cultural humility, HIPAA-aligned practices, and responsible use of artificial intelligence tools.
Create culturally responsive, health-literacy-adapted coaching plans that incorporate SMART goals, self-tracking systems, and appropriate referral pathways.
Complete three faculty-observed Practice Coaching Sessions.
Complete an NBHWC Performance Assessment scored against an established coaching

competency rubric.
Develop a continuing-development plan focused on reflective practice, mentorship, supervision, and professional growth.
This combination of academic learning, observed coaching practice, assessment, and professional development gives students opportunities to move beyond learning coaching concepts to applying and demonstrating coaching skills.

How Does the NBHWC-Approved Training Program Support Professional Pathways?

The National Board for Health & Wellness Coaching (NBHWC) establishes professional standards for health and wellness coaching and administers the national Board Exam leading to the National Board Certified Health & Wellness Coach (NBC-HWC) credential.

As an NBHWC-Approved Training Program, NAT 550 provides health and wellness coach training designed around recognized professional competencies and standards.

For students interested in pursuing the NBC-HWC credential, completion of an NBHWC-Approved Training Program is a required component of the certification pathway. Candidates must also meet all other current NBHWC eligibility requirements before applying for the Board Exam.

More information regarding exam requirements can be found at the NBHWC website here: https://nbhwc.org/exam-eligibility-requirements/.

Expanding Health and Wellness Coaching Education at ACHS

The addition of NAT 550 as an NBHWC-Approved Training Program reflects ACHS's continued focus on connecting integrative health education with recognized professional standards and evolving workforce needs.

The training program combines evidence-based behavior-change science, ethical practice, cultural responsiveness, and faculty-observed coaching experience to help students develop practical skills they can carry forward into their professional development.

Learn more about NAT 550: Principles and Professional Practice of Health and Wellness Coaching at ACHS:
https://achs.edu/courses/nat-550/

About the National Board for Health & Wellness Coaching

The National Board for Health & Wellness Coaching (NBHWC) establishes professional standards for health and wellness coaching education, training, and certification. NBHWC administers the Board Exam leading to the National Board Certified Health & Wellness Coach (NBC-HWC) credential.

For current information about NBHWC certification and eligibility requirements, visit https://nbhwc.org/.

About ACHS

Founded in 1978, American College of Healthcare Sciences (ACHS) is an accredited institution specializing in integrative health and wellness education. ACHS provides online degree programs, certificates, continuing education, and professional development opportunities designed to support lifelong learning. The institution is committed to evidence-informed education and preparing students to contribute meaningfully to the evolving health and wellness field.

For questions about this press release or to schedule an interview, please contact Tracey Abell at president@achs.edu.

Tracey Abell
American College of Healthcare Sciences
+1 971-703-5070
email us here
Visit us on social media:
LinkedIn
Bluesky
Instagram
Facebook
YouTube
TikTok
X

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