

# Certified Back in Whack Coach (CBIWC) Training Application

## Introduction to the CBIWC Training

The CBIWC Training helps qualified\* licensed healthcare professionals (“Candidates”) gain knowledge and skills which enables them to effectively mentor and monitor youth who are enrolled in the *BiW4Teens* program. Here are just a few things you will about learn as you complete training materials:

1. Health issues related to childhood obesity;
2. Key habits that impact a child’s weight;
3. Overview of *BiW4Teens* program components;
4. Two program phases;
5. Program outcomes and benefits;
6. How to talk to parents and youth about a touchy subject - obesity;
7. Program referral process for patients;
8. Facilitate a successful clinic visit;
9. Using *BiW4Teens* documentation forms;
10. Importance of program incentive gifts; and
11. Billing for sessions.

Youth who work with a CBIWC experience higher levels of program success than youth who are not working with a trained CBIWC. Indicators of program success include weight loss goals being met, youth adopting a greater number of long-lasting healthy habits, improvements in abnormal lab values, lowering high blood pressures and pulse rates, improved mental and emotional wellbeing, improved energy levels, and improvements in obesity related health conditions. Lastly, youth report they have a greater level of confidence in their ability to be successful with the *BiW4Teens* program when they are able to partner with a trained CBIWC.

**\*Note** – Qualified **licensed** healthcare professionals need to have “health education” included as part of their scope of practice (i.e. registered nurses, registered dietitians, physical therapist, behavioral health counselors, nurse practitioners, physician assistants, and medical doctors). Please note that “health education” includes assessing educational needs, development of the educational plan, implementing the plan, and evaluation of the outcome.

## Steps for Completing the CBIWC Training Program

Candidates are to complete the CBIWC Exam while they work through the tasks listed below. The training typically takes 9 to 10 hours to complete and includes these tasks:

1. Watch parts 1, 2, and 4 of the Training for HCP
2. Read through the *BiW4Teens* Program Curriculum (online)
3. Watch the *BiW4Teens* program videos and get familiar with the *BiW4Teens* workbook
4. Submit the completed CBIWC exam, via mail or email, Positive Patterns for Life, LLC and receive a “Certified *Back in Whack Coach*” certificate.

## CBIWC Certificate Issuance

CBIWC certificates will to issued candidates who compete the exam with a passing score of 80% or greater.

Candidates who do not achieve a passing score will be allowed to retake the exam for an additional fee.

Candidates with a passing score will receive their CBIWC certificate in the mail PLUS they will receive a website link to these downloadable program forms:

1. *Prescription for a Healthy Weight*;
2. *BiW4Teens Program Brochure*;
3. *BiW4Teens Patient Referral Process in the Clinic Setting*;
4. *BiW4Teens Detailed Documentation Forms Packet* which includes:
  - a. Initial Contact;
  - b. Pre-Visit Chart Review;
  - c. Initial Visit;
  - d. Implementation Phase – Clinic Visit;
  - e. Maintenance Phase – Clinic Visit;

5. *BiW4Teens Patient Progress Log (Long)* – includes list of all 27 program sessions and list of healthy habits plus learning objectives for each session;
6. *HCP-Parent-Teen Program Commitment Contract*;
7. *BiW4Teens Multi Patient Log*;
8. *BIW Habits Explanation Cue Card*;
9. *BIW Health Questionnaire Form*; and
10. *BIW Program Billing Codes* – lists ICD10 and procedure codes for clinic visits and phone consultation.

**CBIWC Receive National Recognition**

Certified Back in Whack Coaches will receive national recognition for their accomplishments on the Positive Patterns for Life website. CBIWC may work as independent contractors, who provide health coaching independently of Positive Patterns for Life company. CBIWC are given an opportunity to write a short paragraph describing the BiW4Teens health coaching services they offer, along with their contact information. Youth and parents who want to work with a CBIWC will be able to find you on the website and hire you. You may provide BiW4Teens health coaching, via video conferencing or phone conferencing, to youth and their parents from across the nation. Clinics seeking trained CBIWC may reach out to you. Organizations (i.e. YMCA) may contact you to lead a BiW4Teens groups or to facilitate a weekend retreat. These are just a few of the possibilities.

**Candidate Information and Fees**

The cost of the CBIWC training program is \$195.00. Upon receiving this application with the full payment of \$195.00, Positive Patterns for Life will send the candidate an email with instructions about how to access the secure website page which contains the CBIWC exam and all the program training materials.

Candidates with a passing score on the exam will receive a CBIWC certificate, access to downloadable program forms, and national recognition on the Positive Patterns for Life website. Candidates with a failing score will be given the opportunity to retake the exam for the additional fee of \$95.00.

Candidate’s Name: \_\_\_\_\_ Professional License: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

<b>Select Payment Method</b>
<input type="checkbox"/> Purchased on the Positive Patterns for Life website – Upon completing the online purchase, email this completed application to: <a href="mailto:positivepatternsforlife@gmail.com">positivepatternsforlife@gmail.com</a> <b>OR</b> you can mail it to the address listed to the below.
<input type="checkbox"/> Pay with personal check, money order, or cashier check – Make checks payable to Positive Patterns for Life, LLC. Mail this completed application with payment to: <div style="text-align: center; margin-left: 150px;">           Positive Patterns for Life, LLC            P.O. Box 902            Guernsey, WY 82214         </div>

**If you have any questions about how to complete this application, please email [positivepatternsforlife@gmail.com](mailto:positivepatternsforlife@gmail.com) or call 307-331-4256.**