

MINDFUL PASSIONS

INTERNATIONAL

Scope and Core Competencies by Certification

Primal Health Coach Certification

Overview

The Primal Health Coach certification (PHCI) is rooted in ancestral health principles, focusing on evolutionary biology, lifestyle optimization, and behavior change. Its training blends nutritional science, physical movement, stress management, and coaching psychology.

Core Competencies

- Ancestral Health and Nutrition: Emphasis on whole, unprocessed foods and metabolic flexibility (e.g., primal/paleo/keto frameworks).
- Movement and Fitness: Functional exercise and natural movement patterns.
- Sleep, Stress, and Recovery: Regulation of circadian rhythm, stress adaptation, and hormonal balance.
- Health Coaching Fundamentals: Motivational interviewing, habit change, client accountability structures.
- Entrepreneurial Tools: Business development modules for launching a coaching practice.

Authorized Practice Areas

- General wellness and nutrition education
- Lifestyle modification strategies
- Habit coaching and accountability
- Functional fitness and movement strategy support
- Health program design and delivery (non-clinical)

Limitations

- Not a license to diagnose, treat, or prescribe
- Limited scope with medical conditions (must refer out)
- Must avoid therapeutic claims without clinical credentials

Mental Health First Aid Instructor Certification

Overview

The Mental Health First Aid Instructor Certification is an internationally recognized training that equips professionals to teach the MHFA curriculum. It focuses on recognizing mental health and substance use challenges and responding with early, non-clinical support.

Core Competencies

- Understanding common mental health conditions: anxiety, depression, trauma, psychosis, substance use
- Teaching the MHFA 5-step action plan (ALGEE):
 1. Approach, assess, and assist with any crisis
 2. Listen nonjudgmentally
 3. Give reassurance and information
 4. Encourage appropriate professional help
 5. Encourage self-help and other support strategies
- Facilitating adult learning through scenario-based teaching, discussion, and safe space creation
- Providing scope-appropriate intervention without diagnostic, clinical, or therapeutic roles

Authorized Practice Areas

- Deliver official MHFA courses with fidelity to groups (in-person or virtual)
- Certify participants in MHFA through official training sessions
- Conduct community education on mental health literacy and stigma reduction
- Apply MHFA principles in all client-facing work as first-response support

Limitations

- Not therapy or clinical diagnosis
- Does not license you to provide mental health treatment
- MHFA brand and materials must be used within guidelines (no altering core curriculum)

Dietary Supplement Specialist Certification

Overview

The Dietary Supplement Specialist Certification by Designs for Health (DFH) is a science-based, professional credential that educates practitioners on the evidence-based use of dietary supplements for wellness, functional support, and client education.

Core Competencies

- Supplement Foundations: Nutrient biochemistry, delivery systems, dosing, and bioavailability
- Nutritional Physiology: Understanding metabolic pathways, nutrient synergy, and depletion risks
- Systems-Based Supplementation: Protocols for digestive, immune, endocrine, musculoskeletal, and cardiovascular systems
- Clinical Application: Recognizing when and how to suggest supplement categories (not brands)
- Product Education: Understanding DFH product line, formulations, and functional stacking

Authorized Practice Areas

- Providing general education on supplements (ingredients, function, usage)
- Creating scope-safe wellness protocols for stress, fatigue, digestion, etc.
- Coaching on supplement adherence, timing, and interaction awareness
- Using DSS knowledge to build rituals, templates, and client-facing resources
- Recommending Designs for Health products under practitioner affiliation

Limitations

- Cannot diagnose, prescribe, or treat health conditions
- Cannot make therapeutic claims without clinical licensure
- Supplement recommendations must stay within the education and coaching scope, not medical advice
- Must defer to licensed practitioners for advanced cases or contraindications

Medical Cannabis Wellness Advisor Certification

Overview

The Medical Cannabis Wellness Advisor Certification from Healer.com (developed by [Dr. Dustin Sulak, a leading integrative cannabis physician](#)) equips professionals with evidence-based knowledge on using cannabis safely and effectively to support health goals.

Core Competencies

- Cannabis Pharmacology: Endocannabinoid system (ECS) functions, cannabinoid and terpene interactions, entourage effect
- Product Education: Flower, tinctures, edibles, topicals, concentrates, delivery methods, onset/duration differences
- Therapeutic Use: Cannabis applications for pain, sleep, anxiety, inflammation, mood disorders, and neurodivergence
- Dose Titration & Safety: Microdosing, “start low and go slow” method, tolerance breaks, biphasic effects
- Wellness Coaching Framework: Supporting client empowerment, harm reduction, and non-clinical education

Authorized Practice Areas

- Providing general cannabis wellness education
- Supporting clients in developing personalized cannabis routines (non-prescriptive)
- Helping clients interpret product types, labels, and delivery routes
- Co-creating dosage journaling or titration plans (non-clinical)
- Referring clients to licensed professionals when clinical supervision is needed

Limitations

- Not a license to prescribe or recommend medical cannabis
- Cannot give product-specific medical advice (e.g., “use this for your epilepsy”)
- Must avoid therapeutic claims or diagnoses
- Cannot sell cannabis unless legally licensed/affiliated in a dispensary context

Consensual Non Monogamy (CNM) Certification

Overview

The CNM Certification from the Sexual Health Alliance is designed to equip coaches, therapists, and educators with affirming, evidence-informed, and harm-reducing knowledge about consensual non-monogamy. The training draws from psychology, sexual health, attachment theory, intersectionality, and practical ethics.

Core Competencies

- Framework Fluency: Deep understanding of polyamory, relationship anarchy, swinging, open relationships, and solo polyamory
- Communication Tools: Teaching clients how to navigate jealousy, disclosure, and boundary negotiation
- Cultural Competence: Navigating CNM across LGBTQIA+, BIPOC, neurodivergent, and kink communities
- Attachment & Autonomy Work: Recognizing relational trauma patterns, insecure attachment styles, and dependency dynamics
- Consent & Ethics: Deep grounding in affirmative consent, power analysis, and trauma-aware relationship coaching

Authorized Practice Areas

- Coaching clients in CNM relationship design and navigation
- Offering psychoeducation and communication support around CNM
- Designing values-based relationship agreements and boundary systems
- Facilitating CNM-related workshops, groups, or trainings
- Creating educational content and resources for non-clinical audiences

Limitations

- Not licensed therapy; must avoid clinical diagnosis, treatment, or trauma reprocessing
- Not medical or legal guidance (e.g., custody law for poly families, STI management)
- Must not enforce prescriptive models of “healthy CNM” — instead, remain client-led