

## **Empowering People to Change: Why telling people is not enough**

Faculty:

Beth Frates

Knowing the guidelines for the six pillars of lifestyle medicine is essential. Understanding the research and keeping up with the data helps clinicians to provide up-to-date recommendations. But, knowledge, research, and recommendations are insufficient to help empower people to adopt and sustain lasting change. This is a way of being called the COACH Approach (TM) and a Five Step Collaboration Cycle that sets patients up for success one step at a time which can lead to long-term behaviour change.

### **About Our Speaker:**

Beth Frates

Beth Frates, MD, is a trained psychiatrist and a health and wellness coach with expertise in Lifestyle Medicine. She is an award-winning teacher at Harvard Medical School, where she is an assistant clinical professor. Dr Frates is one of the first Fellows of the American College of Lifestyle Medicine and a pioneer in lifestyle medicine. She developed and taught a college Lifestyle Medicine curriculum at the Harvard Extension School in 2014, which is still one of the most well-received courses offered at the school. She was voted president of the American College of Lifestyle Medicine in August 2020. Dr Frates serves as President-Elect until November 2022.

She authored a Lifestyle Medicine syllabus, which can be downloaded through the ACLM website, to serve as a template for other instructors and professors. In addition, Dr Frates co-authored *The Lifestyle Medicine Handbook: An Introduction to the Power of Healthy Habits*, ranked in the top 20 by Book Authority for medical books released in 2018. To accompany the syllabus and handbook, she also co-created *Lifestyle Medicine 101*, a full college curriculum with 12 weeks of PowerPoints and a teacher's manual, which is free and accessible through the ACLM website. In addition, Dr Frates co-authored *The Teen Lifestyle Medicine Handbook*, published in October 2020. When paired with the Teen Curriculum, a Teacher's Manual and 12 PowerPoint decks can be used to teach and empower middle and high school students to adopt and sustain healthy habits.

As Director of Wellness Programming at the Stroke Institute for Research and Recovery at Spaulding Rehabilitation Hospital, a Harvard Medical School affiliate, Dr Frates has created and implemented a 12-Step wellness program, *PAVING the Path to Wellness™* for patients and providers. Most recently, she co-authored the book *PAVING the Path to Wellness Workbook: A Guide to Thriving with a Healthy Body, Peaceful Mind and Joyful Heart*. As of the fall of 2020, Dr Frates is the Director of Lifestyle Medicine and Wellness for the Department of Surgery at Mass General Hospital. In addition, Dr Frates has her own Lifestyle Medicine consulting/coaching practice where she sees patients 1:1 and in groups.

