

Integrative Health Coaching at the Osher Clinical Center

What is Integrative Health Coaching (IHC)?

Integrative Health Coaching (IHC) with Meredith Beaton-Starr, MS, OTR/L helps motivate clients to initiate and maintain positive life changes to achieve their health and wellness goals. It is a collaborative, solution-focused process that concentrates on a client's individual needs.

Who can benefit from Integrative Health Coaching?

Let's face it, the demands on many of us can easily become overwhelming. I hear clients say "I have a hard enough time just getting through the day, never mind taking time to exercise, learn how to eat healthy and manage my stress." Unfortunately, many people use all of their resources to "get through the day" rather than get the most out of it.

Integrative Health Coaching works with clients to help with stress management and adaptation and goal setting to achieve health and optimal well-being. We also work with clients to develop strategies for living a more mindful life that effectively balances the demands of work, family and leisure.

Maybe you need help to simply structure your day or perhaps you would like to launch a new business and not lose focus on self-care. I work with clients who are experiencing difficulties because of disorganization, stress or pain, and a variety of issues that disrupt work-life balance. My practice encompasses a wide range of techniques to help optimize my clients' ability to function and live a fulfilling life.

What should I expect from an Integrative Health Coaching Session?

During the initial 60 minute IHC consultation, we'll discuss and assess your needs and set up a plan that includes timelines, long and short term goals and strategies for success. Follow up sessions are generally 30 minutes in length with daily/weekly homework. We will work at your pace, and I will help guide you through achievable success benchmarks.



Meredith Beaton Starr, MS, OTR/L has practiced Occupational Therapy in a number of inpatient and outpatient settings in the Boston area. She received both her undergraduate and graduate degrees in Occupational Therapy from Tufts University- Boston School of Occupational Therapy. Since earning her Master's Degree in 1997, Meredith's clinical focus has been mind-body medicine and wellness. She has completed a clinical fellowship/certification in mind-body medicine and is trained in meditation, yoga and dance/movement therapy. She also has advanced training in Healthcare and Leadership Coaching. As an occupational therapist and integrative health coach, Meredith enjoys working with clients to help them optimize health, achieve balance in their lives and adopt healthy behaviors.

BRIGHAM HEALTH



BRIGHAM AND WOMEN'S

Osher Clinical Center for Integrative Medicine

What Meredith's Patients Say:

"My work with Meredith keeps me on track with so many aspects of my life. I feel listened to, cared for and like I can cope so much better with the stress and multi-tasking in my life. I now regularly practice mindfulness and have felt the benefits immediately. I also do a much better job balancing the demands of my family and work and am not so tough on myself. I am happier and more fulfilled and I look forward to my sessions because I always leave with a renewed belief in myself and my abilities." - SK

Meredith specializes in care for:

- "What keeps you up at night"
- General Wellness and Lifestyle Optimization
- Preparing for Surgery
- Stress Management
- Time Management
- Environmental Adaptation (including ergonomics) for injury prevention and treatment
- Injury Prevention and Education

How do I schedule an appointment?

Please call the Osher Clinical Center at (617) 732-9700 to get more information about Integrative Health Coaching or to set up an appointment with Meredith. The Center is located at the Brigham and Women's Ambulatory Care Center at 850 Boylston Street in Chestnut Hill, Suite 422.

Session Rates

Initial Consultation \$120
Follow-up Sessions \$60

We accept credit cards, health savings account cards, and checks. Insurance does not cover Integrative Health Coaching, but your sessions may be an eligible expense under your flexible spending account or health savings account.

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