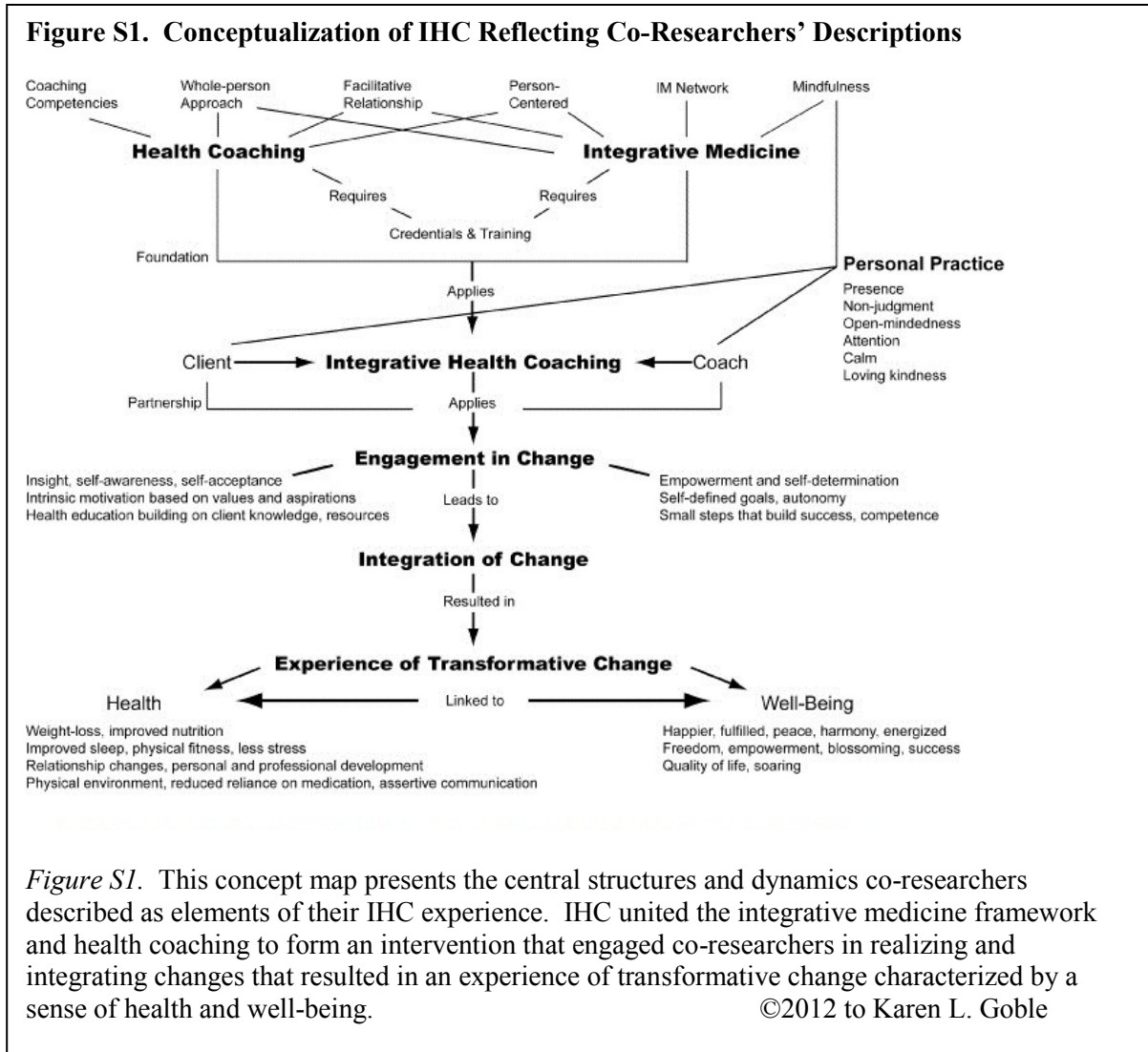


SUPPLEMENTAL MATERIAL FIGURE S1

CONCEPTUALIZATION OF IHC REFLECTING CO-RESEARCHERS' DESCRIPTIONS



SUPPLEMENTAL MATERIAL, FIGURE S2

DANNY'S PHOTOELICITATION IMAGE: EMPOWERMENT

Figure S2. Danny's Photo-Elicitation Image: "Empowerment"



Figure S2. Danny shared a photograph he took of an “eagle poised on a tree, ready to perform his duties in life, with care and introspection over what he’s doing.” The eagle, which he described as self-aware, represented the “strength and power” and “looking inward to doing outward.” found in the IHC approach.

SUPPLEMENTAL MATERIAL FIGURE S3

IDA'S PHOTOELICITATION IMAGE: THE TEA ROOM

Figure S3. Ida's Photo-Elicitation Image: The Tea Room



Figure S3. Ida's photo-elicitation interview captured the IHC understanding that change is a whole person process. She described how transformation of the space through IHC contributed to her sense of health and well-being. The image represents "how important my surroundings are to my mental health...so there was a lot of encouragement to do it, to reclaim the space, to use something that I really like which were my teapots and improve my environment."

SUPPLEMENTAL MATERIAL FIGURE S4

GRACE'S PHOTO-ELICITATION IMAGE: A BLOOMING LIFE

Figure S4. Grace's Photo-Elicitation Image: "A Blooming Life"



Figure S4. Grace described her experience of transformation and sense of well-being realized through IHC. She shared that IHC helped her discover her life purpose and “now I feel like I’m blossoming.” Grace noted, “everybody has that flower inside of them and you can, with assistance, with the health coaching, you can actually become what you were meant to become.”

SUPPLEMENTAL MATERIAL FIGURE S5

CLAUDETTE'S IMAGE: "MY HEALTH COACH: THE WIND BENEATH MY WINGS"

Figure S5. Claudette's Image: "My Health Coach: The Wind Beneath My Wings"



Figure S5. Claudette created her image that depicts strong, soaring wings [herself] supported by the wind that represents her health coaches. She shared that "the wind is essential...helping me to be able to soar." The heart in the center illustrated that the coaches' "work with me comes from their hearts." The ear in the heart depicts the mindful presence and non-judgmental listening that Claudette could "see" and "feel."

SUPPLEMENTAL MATERIAL FIGURE S6

KATE'S PHOTO-ELICITATION IMAGE: "REFINED"

Figure S6. Kate's Photo-Elicitation Image: "Refined"

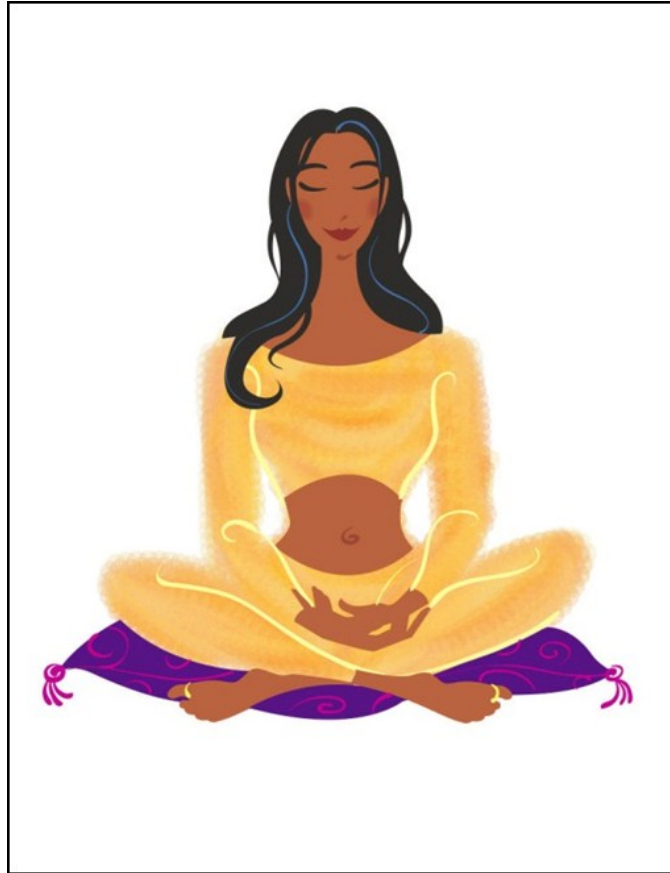


Figure S6. Kate identified a clip art image that represented the significance of mindfulness in her IHC experience. She described that the self-awareness and self-acceptance gained through mindfulness practices in IHC helped her become “in tune” with her mind and body. Kate shared that mindfulness in IHC was “life changing” and led to a sense of well-being. She noted that the image represented the whole person change she experienced in IHC, “I was just transformed through the experience, so I want to say that it refined me.”

SUPPLEMENTAL MATERIAL FIGURE S7

ERICKA'S PHOTO-ELICITATION IMAGE: "METAMORPHOSIS"

Figure S7. Ericka's Photo-Elicitation Image: "Metamorphosis"



Figure S7. Ericka's collage depicts the integration of the key elements of IM and health coaching in a seamless system that operates as a unit to support client "metamorphosis." Mindfulness is the dirt, the soil that the garden grows in, that nurtures our choices. The caterpillar and the butterflies represent the transformation to a new person, a happier person. Change. That was a big part. Working the dirt is the process, the effort that's involved. And, the flowers and the trees and the garden, that's peacefulness, it's a safe place, and the sun is the energy for growth...The one-to-one coaching just intensified the support and the process, and the coaches showed that they cared.