

Therapy with a Coaching Edge

Partnership, Action, and Possibility in Every Session

Lynn Grodzki

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Acknowledgments

Introduction

PART 1: The Foundation

1) Therapy with Something Extra

Get better results in therapy by implementing a new model based on a coaching approach.

2) Where Therapy and Coaching Meet

Clarify the common ground and obvious differences between therapy and coaching.

3) Who's Coachable within Therapy?

Identify those clients who can benefit from a proactive model.

4) Creating Therapist– Client Collaboration

Apply a partnership position to promote behavioral change.

5) Results in Every Session

Improve client satisfaction and retention, session by session.

PART 2: Skills for Partnership

6) Skill #1: Ask Effective Questions

Expand therapy sessions with more “ah- ha” moments by asking the right question.

7) Skill #2: Be a Strategist with a Twist

Help clients resolve big decisions by advancing client- based control.

8) Skill #3: Add Humor and Lightness

Encourage the therapeutic alliance by being authentic and flexible.

PART 3: Skills for Action

9) Skill #4: Call a Client into Action

Assist client readiness for forward movement.

10) Skill #5: Add Shared Accountability

Support clients in accomplishing their desired goals.

11) Skill #6: Deliver a Coaching Edge

Practice the art of giving direct, concise feedback to boost motivation.

PART 4: Skills for Possibility

12) Skill #7: Align with Core Values

Show clients how to make decisions based on meaning and purpose.

13) Skill #8: Find the Metaphors that Matter

Elicit client- driven symbols and stories that strengthen change.

14) Skill #9: Design a Plan for Life

Invite clients to define the future they desire.

ADDENDUM

The Best Blend

How to integrate Therapy with a Coaching Edge with existing methods of therapy and counseling.

Worksheets

A quick review of checklists, exercises, and action steps for easier application

- Guidepost for Client Suitability
- Strategies for Collaboration
- The “Getting to Yes” Session Plan
- List of Effective Questions
- Stages of Strategic Partnership
- Therapeutic Alliance
- Client Readiness
- How to Lend a (Limited) Hand
- Steps to a Coaching Edge
- List of Core Values
- Client- Based Metaphors
- The Five- Year Life Plan