

Mental Health Coaching

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version here:*



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POWERPOINTS, HANDOUTS, AND
OTHER RESOURCES

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Agenda Outline

Friday Night

- ◆ Part 1: Introduction
What is Coaching?
What makes a Good Coach?

Sabbath

- ◆ Part 2: Fundamentals for a Healthy Mind
- ◆ Part 3: Fundamentals of Mental Health Coaching

Sunday

- ◆ Part 4: Coaching Session with Practical Tools
- ◆ Part 5: Business of Coaching & Summary

You will LEARN in this program:

- ◆ What is coaching
- ◆ What makes a good coach
- ◆ Foundation of healthy thinking
- ◆ Basics of mental health coaching
- ◆ TEAMCBT by Dr. David Burns adapted for coaching
- ◆ Practical tools to get started
- ◆ Direction for starting a coaching practice

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- ◆ Level 5 Master Therapist & Trainer
- ◆ Worked with Dr. David Burns
- ◆ Seventh-day Adventist 40+ years
- ◆ Former AAWHC Vice President of Education
- ◆ Board Member of the BC Conference
- ◆ Member of ASI since 2004

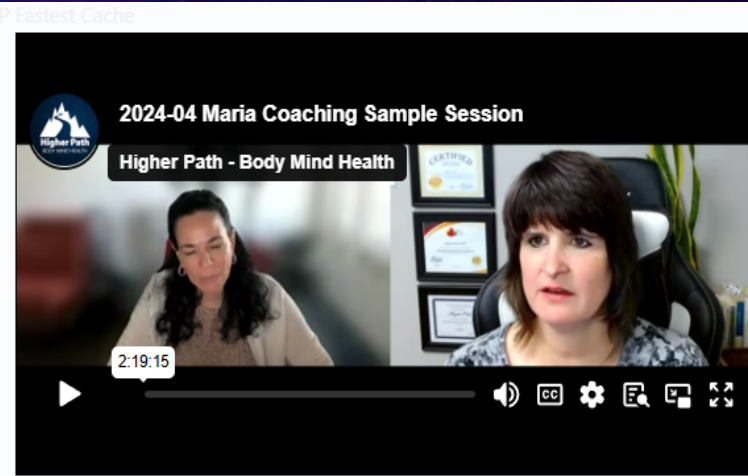


Let's get to know one another!

30 Second Intro:

1. Who are you & what brought you here in one sentence?
2. In one sentence tell us how has God's word has impacted your mental health?
3. What is one CHALLENGE you have or think you might have working with clients?

Tools to support your learning



AFTER this workshop --- FOLLOW UP

Take the TEAM-CBT basics course FREE as a participant in the NAD coach training: www.teamcbt.ca/basics use coupon code: **CKE4GW622**

Take the Feeling Great Coach Certification for \$199 (regularly \$595 cad) (material similar to above course but comes with exam and certification): **NADCOACH26**

License to use BURN's materials as mentioned in this program for \$99.50 usd – 50% off use this coupon on David's website: **AP150** <https://feelinggood.com/product/therapist-toolkit-pdf-download/> Coaching adaptation by Angela Poch, reach out for coaching specific tools after purchasing license.

angelapoch.com/nad

DISCLAIMER:

- ✦ There is much to learn to be a good coach.
- ✦ Simplified TEAM coaching, with some vital concepts repeated
- ✦ You won't get it all the first time.
- ✦ You'll ABSOLUTELY need lots of practice!
- ✦ We will be doing breakouts, you need to have your camera on and microphone working!
- ✦ Merely watching, is NOT considered "taking" this program!



Part 1:

Introduction - What is
Coaching & What
makes a good Coach

QUALITIES OF A COACH, WHAT
COACHING IS NOT

What is Mental Health Coaching?

Supporting clients in achieving healthier, less-distorted thinking through connection, reason, and collaborative tools.

It is a peer oriented, non-clinical role that helps clients identify values, clarify goals, and work through obstacles that interfere with progress.

Specifically in this program we will be learning TEAM adapted for Coaching



Alternative Language to “Mental Health”

- ◆ Titles vary by country, culture, and comfort level
- ◆ Some regions restrict the term *mental health* to licensed professionals
- ◆ Your title should reflect:
 - ◆ non-clinical scope
 - ◆ focus on thinking, emotions, or the mind
 - ◆ language you feel comfortable using publicly \
 - ◆ Your title should invite clarity—not imply diagnosis or treatment.

Various Coaching Titles You Can Use

- ✦ Mental Health Coach (*where permitted*)
- ✦ Healthy Thinking Coach
- ✦ Feeling Great Coach (I offer certification)
- ✦ Emotional Wellness Coach
- ✦ Mental Fitness Coach
- ✦ Emotional Resilience Coach
- ✦ Mood Coach

Why do Mental Health Coaching?

- It is an entering wedge and part of the gospel.
- Coaching is peer based, so you can develop a friendship if God leads, unlike counselling.
- Mental health epidemic but not everyone needs therapy!
- Low barrier to entry. , you don't need 4-8 years of education or licensing.
- Clients looking for coaching are more willing to find solutions than clients who look for therapy.
- Less rules about what you can and can't say if you feel God leading. IE: "Have you considered the spiritual side of wellness?"
- It's addictive once you start having success!

“

The Savior mingled with people as one who desired their good. He showed sympathy for them, ministered to their needs, and won their confidence. Then He invited them, 'Follow Me.'

Ministry of Healing p. 73

”

COACHES HAVE A SPECIAL CALLING IN THIS AREA.

What does TEAM coaching look like?

- ★ Testing: understanding exactly how a client feels and what is working in the coaching.
- ★ Empathy: listening to understand and connect with the client
- ★ Agenda Setting: clarifying what the client wants help with and what might be getting in the way of that goal.
- ★ Methods: using structured, coach-appropriate tools to reduce obstacles and support progress.

Note: We move from T to M systematically but we continue to use T and E all through coaching!

What does **Testing** look like?

- ◆ Survey before and after EVERY session
- ◆ Tracking progress with quantifiable data on the Mood Log and other tools.
 - ◆ Coach: “I see last week there was a 50% improvement in your happiness scores, can you tell me what might have contributed to that in our session?”
 - ◆ Client: “Feeling heard was helpful, but what really made the difference was that tool we did, Examine the Evidence. I realized I’m jumping to conclusions a lot.”

What does **Empathy** look like?

Using very specific tools to connect with the client so they feel genuinely understood

Exploring the clients' needs without judgement or direction.

Listening for emotional experience and possible goals—not fixing or correcting

Staying warm and curious rather than instructive or directive

What does **Empathy** look like?

Coach: “Can you tell me exactly why you are here today and what I can support you with?”

Client: “I want to feel more happiness and joy and get out of this depressed mindset.”

Coach: “You want more joy, and I image you might be feeling down, unhappy, maybe unmotivated, can you tell me more how you are feeling right now?”

This will go from 15 to 50min or more – more on exactly how to do this tomorrow.)

What does **Agenda Setting** look like?

- ✦ Clarifying what the client wants help with and what hidden resistance might be getting in the way of that goal.
 - ✦ Coach: “You’ve mentioned feeling down, that a depressed mindset keeps you from enjoying things. Would now be a good time to work on this or do you need to share more, either is ok.”
 - ✦ Client: “I’d like to get to work.”
 - ✦ Coach: “Can you tell me a moment in time when you felt this way, who were you with, what was going on, etc.? Let’s fill in this Mood Log together to unpack where you are getting stuck.”
- ✦ *...Much more to this, will take about 30 to 50 min.*

What do the tools look like?

- ✦ Using various structured, coach-appropriate tools to reduce obstacles and support healthy, truthful thinking.
- ✦ Will spend much of Sunday on this!
- ✦ Note: We move from T to M systematically and in order, but we will continue to use T and E all through the coaching process!

When is coaching a good approach?

- ◆ Reasonably high-functioning individuals
- ◆ People motivated to improve
- ◆ Those who want less sucky, unhappy days
- ◆ People who get stuck in negative thinking patterns.
- ◆ Those already doing a program but want more one-on-one support, IE: Nedley's Depression Program, a Recovery Program, etc.

What does coaching NOT look like?

- Cheerleading: Pushing positivity.
- Teaching: Explaining life, health or other subjects.
- Convincing: Trying to talk clients into changing, thinking differently, or “seeing it your way.”
- Advice-Giving: Telling clients what to do instead of helping them decide for themselves.

Coaches versus Counselors

Coaches

- ◆ Short training / not licensed
- ◆ NEVER diagnoses or treats
- ◆ Uses empathy
- ◆ Looks at the present and future
- ◆ Uses a goal approach, addressing challenges in the way of those goals
- ◆ Supports clients in: “How can you get unstuck” style questions
- ◆ Peer Relationship

Counselors

- ◆ Graduate level training, National Certification / State license
- ◆ Diagnose and treats
- ◆ Uses empathy, affirmation, education, insight, and normalizing
- ◆ Looks at the past, present, future
- ◆ Uses all kinds of tools
- ◆ Deals with: “Why am I this way” as well as “How can I get unstuck” questions
- ◆ Professional Relationship

Example: Client says, “I want to feel happier, less depressed.”

Coaching

Focus: client goals and lived experience

Role: collaborative / peer

Frame: clarity → tools → progress

- ◆ Explores what “happiness and joy” means
- ◆ Identifies thoughts/beliefs getting in the way
- ◆ Uses structured tools to help client reframe the distorted thoughts getting in the way
- ◆ Refers out if clinical care appears needed

Counselling

Focus: mental health condition

Role: clinician / expert

Frame: diagnosis → treatment → outcome

- ◆ Explores symptom history and severity
- ◆ Assesses for depression or other diagnoses using surveys and insight
- ◆ Evaluates severity or pathology
- ◆ Applies therapeutic interventions to work toward symptom reduction

When coaching NOT the right fit?

- ◆ Actively suicidal individuals
- ◆ Individuals with severe mental illness
 - ◆ Severe Dissociation
 - ◆ Delusions or hallucinations
 - ◆ Mania, Severe PTSD or Phobias
 - ◆ Eating disorders
 - ◆ Ongoing addictions

More on Scope of Practice in Part 5

Character Traits & Skills Coaches NEED!

- ✦ Disinterested Benevolence
- ✦ Humility
- ✦ Empathy
- ✦ Open to the Holy Spirit
- ✦ Personal walk with God

ALL can be learned and improved!

“ Educated workers who are consecrated to God can do service in a greater variety of ways and can accomplish more extensive work than can those who are uneducated. Their discipline of mind places them on vantage ground. But those who have neither great talents nor extensive education may minister acceptably to others. God will use men who are willing to be used. ”

MINISTRY OF HEALING P 150

People who can learn to coach are:

- ◆ Easy going and good natured
- ◆ Allows differences of opinion
- ◆ Can pause the impulse to speak, correct, or inform
- ◆ Puts other people at ease
- ◆ Willing to let the client set the goals
- ◆ Can avoid making it about themselves
- ◆ Ok with imperfection in themselves and others



“There are some who find they are unfitted to medical work...”

MINISTRY OF HEALING P 116

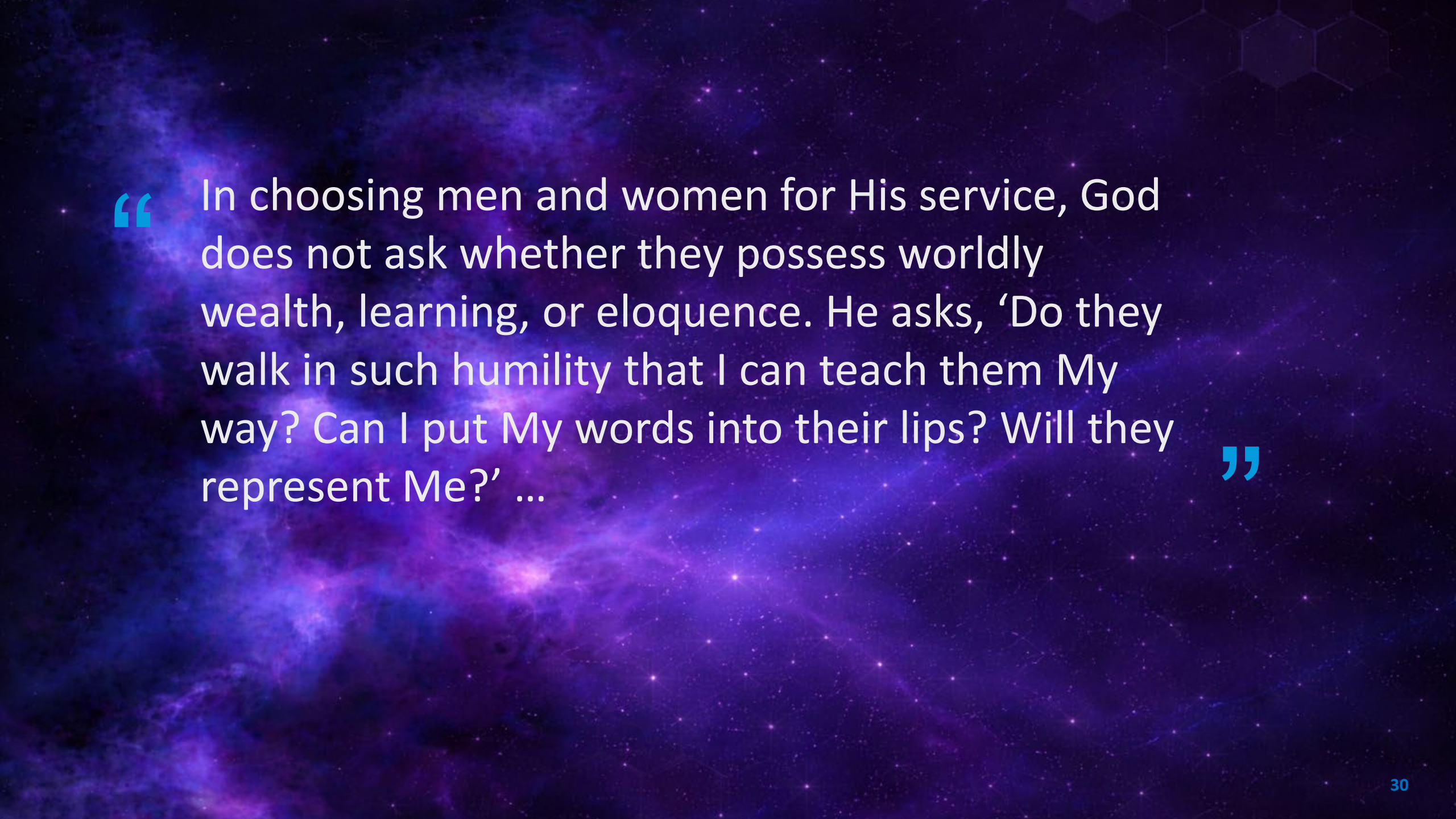
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Pause and do the Self-Check on page 7!

Qualities you don't need:

- ◆ Insight into human behaviour
- ◆ Ability to 'read' people
- ◆ Know when someone is lying
- ◆ Be extroverted
- ◆ Always be 100% emotionally in control
- ◆ Know all the latest psychology modalities
- ◆ Be able to motivate people

You aren't in the driver's seat!



“ In choosing men and women for His service, God does not ask whether they possess worldly wealth, learning, or eloquence. He asks, ‘Do they walk in such humility that I can teach them My way? Can I put My words into their lips? Will they represent Me?’ ... ”

“ ...God can use every person just in proportion as He can put His Spirit into the soul temple. The work that He will accept is the work that reflects His image. His followers are to bear, as their credentials to the world, the ineffaceable characteristics of His immortal principles. ”

MINISTRY OF HEALING P 37

**Christlike character + education +
practicing skills =**

Qualification

Formula to become a good coach.

5 Key Philosophies:

- ◆ Death of Self (the Coaches Ego)
- ◆ Practice what you preach
- ◆ Work with people, not problems
- ◆ Client collaboration
- ◆ Sitting with open hands

1. Death of the Coach's Ego

- When we get in the way it holds up progress.
- When we need something from the client to feel good ourselves we reflect God poorly.
- When we think we know best it derails the clients' needs and strengths.
- When ego is alive we become afraid to fail, to try new things, to be ok with struggles.
- When try to fix people it breaks them and us!
- It's exhausting to be God.

2. Practice What You Preach

- We can't give what we don't have.
- Connect with God daily!
- Be willing to make mistakes
- Use the tools on yourself
- See the handout for information on how to explore Self-defeating Beliefs for yourself.

3. Work with people, not issues

- ★ Jesus died for people not to prove a point. He wanted to bridge the gulf sin created in alienating us from the God love.
- ★ Focus on the person's need. We don't need to spend time figuring out "what's wrong with them" or "how they got this way" those are rarely helpful. People can go to therapy for years exploring these without moving forward in fixing what is really hurting them.
- ★ We don't get caught up in toxic positivity or other worldly philosophy.

4. Client Collaboration

- ◆ Let the Holy Spirit work on both you and the client.
- ◆ Focus on what they want to work on – Jesus met the people where they were at
- ◆ Homework – Clients have a part to play
- ◆ Clients need to do the work to get the results. We don't have success by watching or reading, only by applying what we learn for ourselves.

5. Sitting with Open Hands

- ✦ You can guide and support, but the client remains in the driver's seat
- ✦ Love respects choice; clients retain free will and personal values
- ✦ You cannot force insight, learning, or change
- ✦ It is not your responsibility to change anyone
- ✦ Helping too soon, when unwanted, or without collaboration often backfires

“We should strive to understand the weakness of others. We know little of the heart trials of those who have been bound in chains of darkness and who lack resolution and moral power.”

MINISTRY OF HEALING P 167

