

Mental Health Coaching

*Slides Subject to Change! Latest
version here:*



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POWERPOINTS, HANDOUTS, AND
OTHER RESOURCES

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Part 2: The Fundamentals

THE MIND, CBT,
5 SECRETS, RESISTANCE

“

The cause of this man's affliction also was in his own life... Yet his condition is not hopeless. God does not control our minds without our consent; but every man is free to choose what power he will have to rule over him. None have fallen so low, none are so vile, but that they may find deliverance in Christ.

”

MINISTRY OF HEALING P 93

Why People Are Hurting

- ★ Human beings were created perfect in God's Image, full of LOVE. In harmony, fulfilled, happy.
- ★ Sin, transgression of the law of love, this affects who we are and how we perceive God, not just how we behave.
- ★ We believe the Edenic lie: God won't look out for us so we have to! This puts self first, antithetical to Love.
- ★ We are fallen—prone to believing lies, living out of harmony with God, self-protecting and ego centric.

It's our Human Condition

- ✦ It is NOT circumstances but love demonstrated by God combined with our internal conversations that gives us peace and joy or sadness and pain.
- ✦ We suffer when we don't see the whole truth, we are ego centric.
- ✦ We can't be happy and at peace if we aren't abiding in Christ.
- ✦ Only Jesus can restore us into His Image.

Why we suffer on a personal level

- ✦ Believing lies and distortions about God
- ✦ Believing lies and distortions about yourself
- ✦ Believing lies and distortions about others
- ✦ Believing lies and distortions about the world around us

“

“If happiness is drawn from outside sources and not from the Divine Fount, it will be as changeable as varying circumstances can make it; but the peace of Christ is a constant and abiding peace. It does not depend on any circumstance in life, on the amount of worldly goods, or the number of earthly friends. Christ is the fountain of living waters, and happiness and peace drawn from Him will never fail, for He is a well-spring of life. Those who trust in Him can say: ‘God is our refuge and strength, a very present help in trouble. Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea ...’ (Psalm 46:1-4)”

”

This raises two Questions...

- ◆ Does everyone have to be “converted” to have peace and happiness?
- ◆ Why are the “converted” not all experiencing this peace and happiness from the Fount all the time?

The Divine Fount is available to ALL

**Truth flows from the Fount, truth is ALWAYS
from God**

**God loves everyone, is working on everyone, all
the time!**

**God is love and truth, if you share those you
share GOD!**

**Focus on the tools to inspire people to consider
truth is the source of freedom.**

“Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning.”

“who desires all men to be saved and to come to the knowledge of the truth.”

JAMES 1:17, NKJV; 1 TIM 2:4, NKJV

Mind and Body are interconnected

- ◆ Sleep, exercise, diet, play a role (more on this later)
- ◆ Relationships, sense of purpose
- ◆ Some physical or biological things affect the mind/emotions
- ◆ But more often mental health affects physical health

“ *Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here. Perhaps some living home trouble is, like a canker, eating to the very soul and weakening the life-forces. Remorse for sin sometimes undermines the constitution and unbalances the mind...*

”

“ *...There are erroneous doctrines also, as that of an eternally burning hell and the endless torment of the wicked that, by giving exaggerated and distorted views of the character of God, have produced the same result upon sensitive minds.* ”

TESTIMONIES FOR THE CHURCH 5:444 (1885).

What about Mental Illness & DSM Labels

- Not all distress = mental illness
- Most emotional suffering has no clear biological marker
- Emotions fluctuate, cluster, and are reversible
- DSM uses categories; emotions exist on a continuum
- Coaching targets thinking patterns, not diagnoses
- Dysfunction → refer out
- More on when diagnosis is helpful:
<https://www.psychologytoday.com/us/blog/feeling-good/202512/is-it-time-for-a-new-approach-to-emotional-suffering>

What about Trauma?

- ◆ Some events can be traumatic, but do not necessarily cause clinical trauma
- ◆ Trauma can increase vulnerability, but it is neither necessary nor sufficient to cause depression or anxiety
- ◆ People respond differently based on biology, upbringing, and thinking patterns
- ◆ We don't heal a broken leg by replaying the hiker's mistakes; we set the bone

Jesus Experience in the Garden...

- “the Man of Sorrows pours out His supplications with strong crying and tears. He prays for strength to endure the test in behalf of humanity. He must Himself gain a fresh hold on Omnipotence, for only thus can He contemplate the future. And He pours out His heart longings for His disciples, that in the hour of the power of darkness their faith may not fail. The dew is heavy upon His bowed form, but He heeds it not. The shadows of night gather thickly about Him, but He regards not their gloom.” DA 419 “As the darkness of the coming trial pressed upon Him, He was in loneliness of spirit, in a world that knew Him not.” DA 422

Garden Experience

- ✦ *“My soul is exceedingly sorrowful, even to death.”*
(Matthew 26:38) *“O My Father, if it is possible, let this cup pass from Me...”* (Matt. 26:39)
- ✦ Jesus cared deeply about humanity at the same time, thought about being separated from His Father.
- ✦ His thoughts about opposing conflict created painful feelings. A deep love for us AND an interconnected love being torn apart, how could we expect anything less than anguish!

Choice NOT Blame

- Cause vs Control
- Fault vs Responsibility
- “Responsibility is what we do next — not about who caused the pain/harm.”
- Helping clients regain choice is not victim blaming!

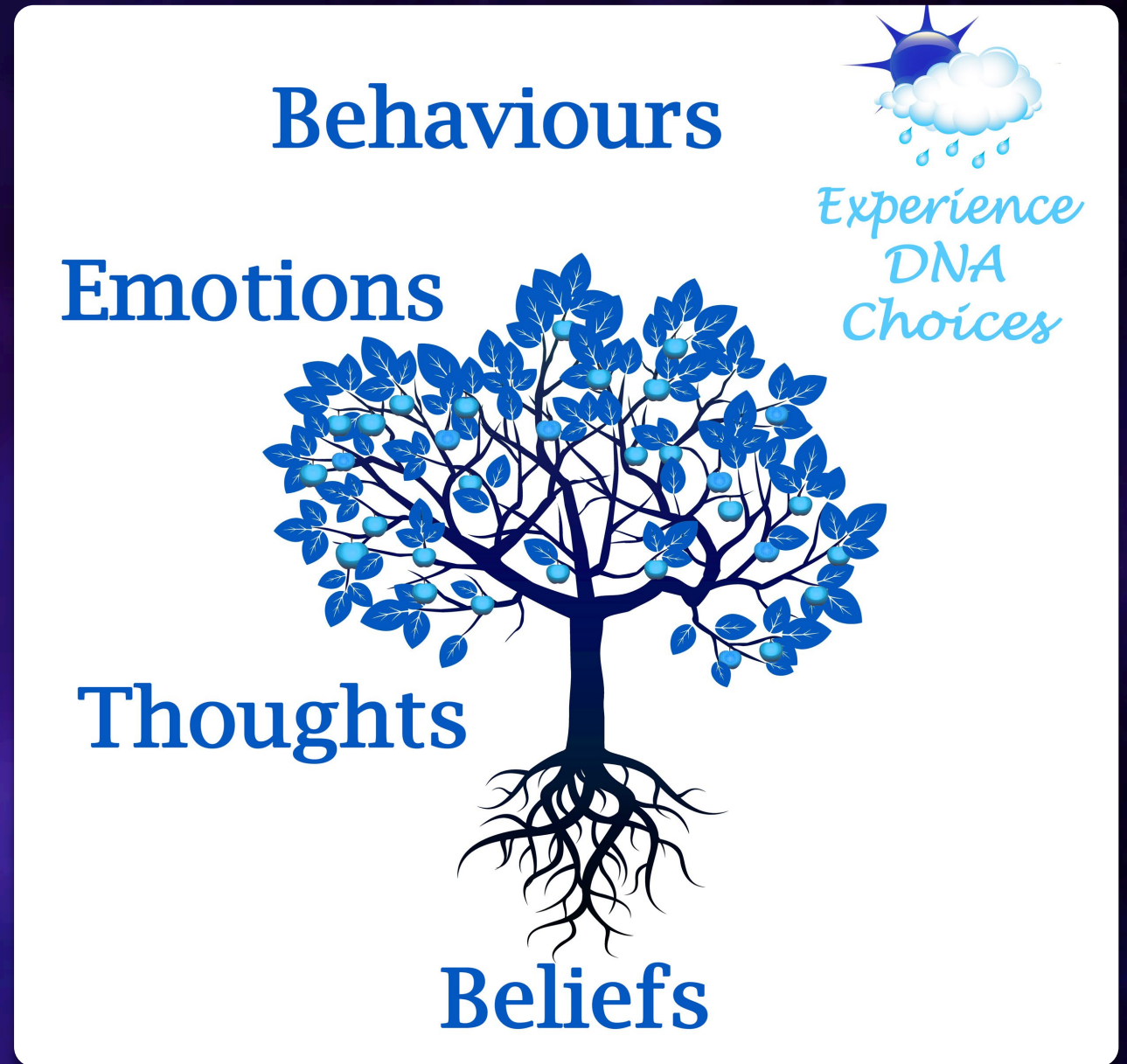


How the Mind Works!

- Thoughts, emotions, and choices are interconnected
- What we believe shapes how we feel and act

“As a man thinks in his heart, so is he.” — Proverbs 23:7

“Be transformed by the renewing of your mind.” — Romans 12:2



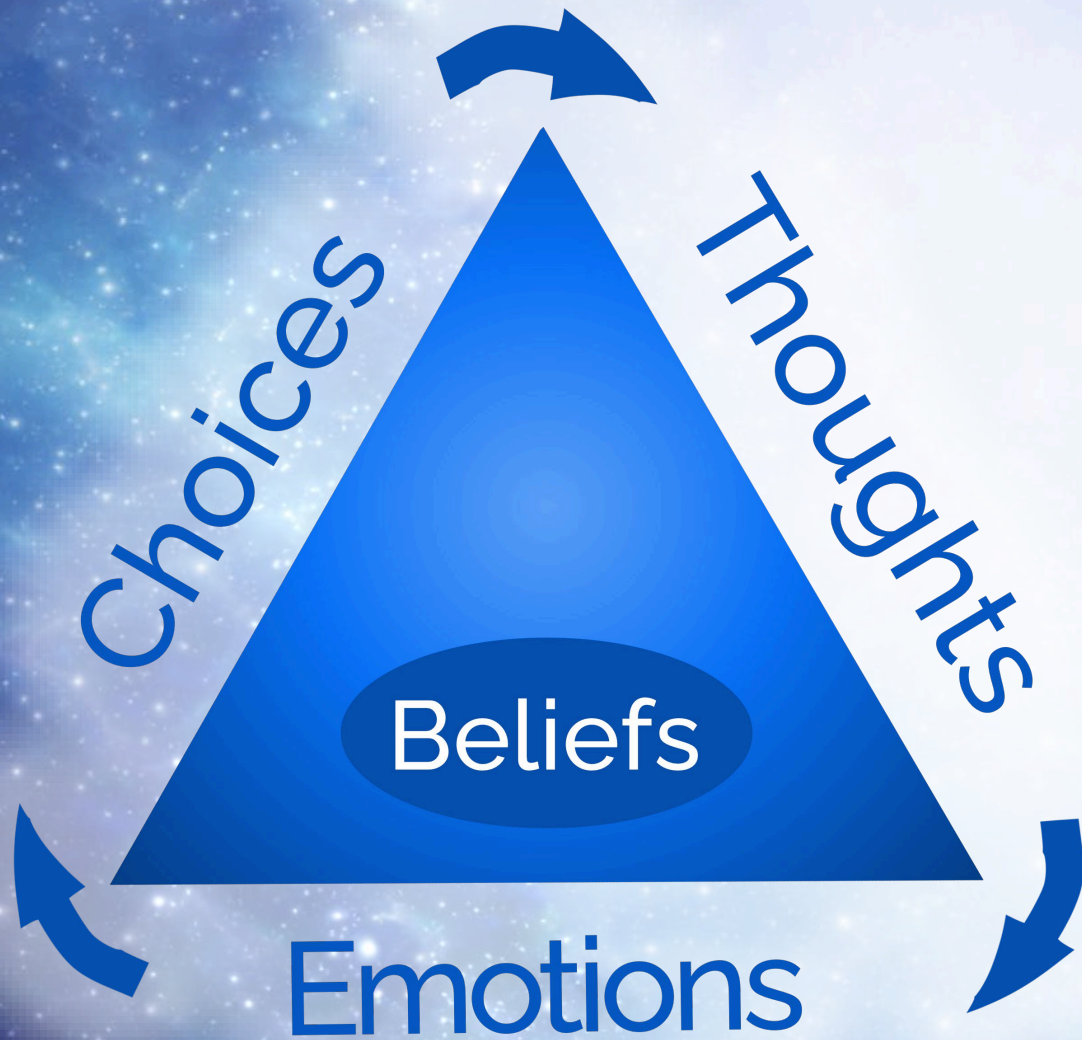
ABC's of the Mind

- ◆ A – Activating Upsetting Event – some kind of trigger, anything from a minor random thought to a major traumatic event (from minor to major; internal or external).
- ◆ B - Belief - what you believe (about yourself, the world, God, others) triggers thoughts
- ◆ C - Consequences – the emotional response, good or bad, to your thoughts, influences your choices or behaviours.
- ◆ Optional, D – Decide - if what you believed was accurate, if not you can dispute the thought.

Adapted from Dr. Albert Ellis's work

“Come now, and let us reason together, saith the Lord...”

ISAIAH 1:18 KJV



Psychology that's Biblical:

- Belief is the foundation!
- Free will: You have a choice to keep or change your thoughts, yet E-motion influences us.
- God created order: Emotions based on thoughts, thoughts based on choices, choice influence thoughts

TEAM – NOT CBT!

- Human nature is flawed
- All emotions have value
- Various tools, not “talk therapy”!

Positive vs Negative Emotions

- ◆ Healthy Emotions Come in Many Forms
 - ◆ *sad, happy, hopeful, upset, down, worried*
- ◆ No emotion is “bad” by itself
- ◆ We don’t need to fix all emotions, all thoughts
- ◆ Any emotion can be:
 - ◆ healthy and helpful, albeit uncomfortable, or
 - ◆ painful and disruptive

Important Notes



- ✦ Emotions aren't bad. Not even so called 'negative' ones.
- ✦ Our mental health or emotional state, is on a scale. Not everything is illness, even anguish of soul!
- ✦ Emotions are affected by thoughts. We can choose what we think.

Real Life Examples



Healthy Thinking = Truth, the **WHOLE** truth.

- Healthy thinking is truthful, realistic thinking that is open to God's voice
- The problem is not lack of effort or faith
- Healthy thinking is not:
 - The “power of positive thinking” or prosperity preaching
 - Without negative emotions
 - In complete control of every thought or emotion.

The Brain Equation



Trigger + Beliefs = Thoughts = Emotions

Trigger + Beliefs = Thoughts = Emotions

- ✦ Truthful thoughts based on healthy beliefs leading to healthy emotions.
- ✦ Negative thoughts are based on Self-Defeating Beliefs leading to unhelpful emotions (too intense, too many “down” days, or inappropriate)
- ✦ Most have some truth but also have distortions, often 3, 5, 8 or more!
- ✦ Distorted thinking feels true — we usually believe it 100%

Self-Defeating Beliefs*

- ◆ Subconscious beliefs about self, God, or the world generate negative thoughts
- ◆ Can be intentionally changed with a specific process and set of tools
- ◆ Often change indirectly when thoughts change
- ◆ There are 25 common ones including Perfectionism, Achievement Addition, Approval Addition, Submissiveness, and many more.

Self-Defeating Beliefs

- ◆ Free course for you or your clients to uncover SDBs on my website: www.angelapoch.com
- ◆ Follow up course on how to change these Self-Defeating Beliefs in your own life (or your clients) is coming soon.

4 Rules of Negative Thoughts*



- Not a fact or event.
- Not a feeling.
- Not a question.
- Short and concise.

10 Cognitive Distortions that lie to us!

by dr. david burns

1. All or nothing (Black & White)
2. Over-generalization
3. Negative Mental Filter
4. Discounting the Positive
5. Jumping to conclusions
(Fortune Telling & Mind Reading)
6. Magnification or Minimization
(Catastrophizing)
7. Emotional Reasoning
8. Shoulds & Musts
9. Labeling (Personalization)
10. Blame – Self or Other

Examples of Negative Thoughts

- ✦ I'm a failure.
- ✦ I'm worthless.
- ✦ I'll never be good enough.
- ✦ I can't learn anything.
- ✦ This is too hard.
- ✦ I should be better at this.
- ✦ I should be at peace all the time.

Focus on One Moment to Challenge the Lies

- ✦ The mind works in repeating patterns
- ✦ The same thoughts show up so one moment reveals the whole pattern
- ✦ We don't need to unpack our whole life to change, looking at everything leads to going in circles and feeling overwhelmed.
- ✦ Changing one moment changes the pattern, creating lasting relief

Challenge the Lies

- ◆ **First, get specific, Focus on One Moment!**
- ◆ **Second, write it down, Mood Log**
- ◆ **Who, What, Where, When**
 - ◆ Example: “Let’s pick one moment in time when you had this problem (not meeting their positive mental health goal). What was happening, who were you with, how were you feeling?”

ACTION-PRACTICE

Mood Log

Triggering Event - When, where, and who was I with:

Negative feelings (rate 0-100%):

Anxious	Worried	Nervous	Afraid	
Sad	Down	Discouraged	Hopeless	
Inadequate	Inferior	Worthless	Self-conscious	
Lonely	Alone	Abandoned	Rejected	
Embarrassed	Ashamed	Guilty	Humiliated	
Frustrated	Stuck	Upset	Overwhelmed	
Angry	Annoyed	Irritated	Resentful	
Stressed	Pressured	Overloaded	Burned Out	
Other:				

Negative Thoughts (rate how much you believe the thought 0-100%):

Be very brief! Do not put facts, feelings, or questions.

	Believe 0-100	After p2, Re-rate!
1.		
2.		
3.		
4.		

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ONLY!





Empathy and Relationships

THE ROLE OF RELATIONSHIPS

Empathic Relationships Introduction

- Human beings are wired for connection
- Much emotional suffering occurs in relationships
- Much healing also occurs in relationships
- Feeling understood brings relief, even when problems remain

Why Relationships Affect Mental Health

- ◆ Emotional pain often occurs in relationships
- ◆ Healing and growth can also occur in relationships
- ◆ Feeling understood reduces emotional intensity and defensiveness
- ◆ Human relationships are meaningful but limited
- ◆ God is the only fully trustworthy source of security, connection, and love.

“We are prone to look to our fellow men for sympathy and uplifting, instead of looking to Jesus. In His mercy and faithfulness God often permits those in whom we place confidence to fail us, in order that we may learn the folly of trusting in man and making flesh our arm. Let us trust fully, humbly, unselfishly in God. He knows the sorrows that we feel to the depths of our being, but which we cannot express....” “Human love may change, but Christ’s love knows no change. When we cry to Him for help, His hand is stretched out to save.”

THE MINISTRY OF HEALING P486 & P72

Why the Coaching Relationship Helps

- ✦ The coaching relationship is a healing context, not a fixing role
- ✦ Feeling understood reduces defensiveness and resistance
- ✦ Safety allows honest reflection and willingness to change
- ✦ Empathy interrupts self-protection

Empathy is more than listening!

- ✦ Empathy is active, intentional, and relational
- ✦ It creates connection, hope, clarity, and confidence
- ✦ It is the foundation of good coaching and better mental health
- ✦ Christ met people where they were.

“

We are to weep with those that weep, and rejoice with those that rejoice. Accompanied by the power of persuasion, the power of prayer, the power of the love of God, this work will not, cannot, be without fruit.”

”

MINISTRY OF HEALING P 143



NOT JUST THEORY

LEARN THE 5 SECRETS!!!

** By Dr. David Burns*

5 Secrets of Effective Communication*

- Disarming Technique (affirmation)
- Thought & Feeling Empathy (summarizing, paraphrasing, etc.)
- I Feel Statements
- Stroking (encouragement, showing respect)
- Inquiry (open ended questions)



“

“The Creator of all ideas may impress different minds with the same thought, but each may express it in a different way, yet without contradiction. The fact that this difference exists should not perplex or confuse us. It is seldom that two persons will view and express truth in the very same way. Each dwells on particular points which his constitution and education have fitted him to appreciate. The sunlight falling upon the different objects gives those objects a different hue.”

”

1SELECTED MESSAGES 22.1

Disarming Technique (Affirmation & Agreement)

- ✦ Find the Truth in what they are saying.
 - ✦ Great for conflict.
 - ✦ Helps normalize what the person is going through.
 - ✦ Find the meaning past the words.
 - ✦ Not relativism or perspective, this is not “their” truth
 - ✦ Lead with: Yes, So true, That’s right, I agree, You are right, 100%, Amen sister, etc.
 - ✦ If you can’t agree omit! But do some reflection, it’s rare you truly can’t find something to agree with.

Disarming Technique Examples:

- ◆ Client says, “You are not listening to me.”
- ◆ Disarming response, “You are right, I was thinking about my response instead of really listening to what you were saying.”

- ◆ Client says, “The walls are closing in on me.”
- ◆ Disarming response, “Yes, it’s scary to be here right now.”

Based on the work of Dr. David Burns

Thought Empathy - TE (Paraphrasing, Mirroring)

Using the same words they used, esp. nouns and adjectives.

- ★ Summarizing OK!
- ★ Do NOT add your own ideas, use synonyms, or assume to fill in the gaps.
- ★ Avoid interpreting, adding an opinion, or telling them it's ok.

Based on the work of Dr. David Burns

Feeling Empathy - FE (Emotional Labeling)

Based on the work of Dr. David Burns

- ✦ Empathizing with someone's emotions and expressing that to the person.
 - ✦ It's ok to guess for this one but acknowledge that, IE: "I'm wondering if you are feeling..." "I imagine you might be..." etc.
 - ✦ Careful you don't tell a client how they feel, "You sound sad." instead, "I imagine you might be feeling sad right now."
 - ✦ Do NOT avoid anger! MOST common mistake therapist's make, I assume coaches too!

Thought & Feeling Empathy Example:

- ◆ Client says, “It’s so hard to get out of bed. I’m just useless.”
- ◆ Thought & Feeling Empathy, “Sounds like you feel down and maybe blue (FE). I imagine you might also feel worthless or inadequate (FE) when it’s hard to get out of bed (TE).”
- ◆ Notice same words “hard to get out of bed” for TE but a guess on the FE.

Based on the work of Dr. David Burns

I Feel Statements

- ✦ Self-disclosure builds connection when appropriate.
 - ✦ Keep it short & simple!
 - ✦ Be genuine and real.
 - ✦ Using it to blame: I feel X because you did Y.
 - ✦ Using it to get a point across: I feel good when I pray. (IE: trying to get them to pray more.)

“I Feel” Example:

- ◆ Client says, “It’s so hard to get out of bed. I’m just useless.”
- ◆ I Feel, “I feel concerned when you say useless. (IF)
Do you ever feel like life isn’t worth living? (IN)”
- ◆ Note: Use I feel with another 5 Secret, inquiry, to keep the focus on the client.

Based on the work of Dr. David Burns

Stroking (Respect)

- ✦ Conveys warmth and respect.
 - ✦ Tell the client something good about themselves. Be specific.
 - ✦ Alternatively, talk about the client in a respectful way, “I enjoy working with you.”
- ✦ Common Errors:
 - ✦ Too general, “You are so brave.”
 - ✦ Using platitudes, “Thank you for sharing.”
 - ✦ Not meaning what you say.



Stroking Example:

- ◆ Client says, “It’s so hard to get out of bed. I’m just useless.”
- ◆ You could say, “You’ve been trying so hard to get a good breakfast in before work.”
- ◆ or “I’m looking forward to working with you on getting out of bed.”

Based on the work of Dr. David Burns

Inquiry

- ✦ Connecting deeper by clarifying or showing you care by asking more.
 - ✦ How or what questions, open ended is great, but closed questions ok.
 - ✦ Give the client space to answer. Power in silence.
 - ✦ Avoid why questions, but can be used limitedly in certain circumstances.
 - ✦ Can be specific or general. Often general is better. Allows for the Holy Spirit to lead!
 - ✦ Avoid using to get the client to agree to something or to direct the client. IE: “Do you want to work on feeling less anxious?” vs “You mentioned feeling anxious, is that something you wanted to work on or maybe something else?”

Based on the work of Dr. David Burns



Inquiry Example:

- ◆ Client says, “It’s so hard to get out of bed. I’m just useless.”
- ◆ Could ask something like, “Tell me more about what that’s been like for you?”

Based on the work of Dr. David Burns

All Combined!

- Client says, “It’s so hard to get out of bed. I’m just useless.”
- “I imagine you are feeling down and unhappy (FE). I can relate, I’ve struggled with depression myself.(IF) It’s so true, it is hard to get out of bed (DA/TE) when we feel that way. Tell me more about what this has been like for you (IN)?”

Common Empathy Errors

- ◆ Cheerleading
- ◆ Advice giving
- ◆ Validation lectures
- ◆ Directing the conversation vs client leading
- ◆ Trying to helping the client
- ◆ Doing empathy only once or initially then forgetting all about it during methods.



ACTION-PRACTICE

- ◆ Use the 5 Secrets to find out more about your partner!
- ◆ Say one thing you found challenging in this class so far. Partner uses the 5 Secrets to respond.
- ◆ STOP & Reverse roles







RESISTANCE

WHY IS CHANGE SO HARD?

Why coaching (or therapy or self-help) fails:

- Coach hasn't connected fully – Go back to 5 Secrets
- Coach tries too hard! We naturally resist “help” – Sit with Open Hands*
- Coach does all the work, teacher can't practice for the student – Homework & Process Resistance*
- Client isn't ready and that's ok! – Outcome Resistance*
- Coach doesn't have the right tool just yet. – Fail as Fast as We Can* – Move onto other tools



Types of Resistance*

Process

- It's too hard to change
- It's going to take too much time
- I'll have to be uncomfortable

Outcome

- I'll have to give up something (I enjoy, helps me cope, I like, etc.)
- I don't deserve X (happiness, etc.)
- I should feel X (bad, guilty, etc.)
- I won't have any excuses (for further change).
- Many, many more.



Process Resistance

- ✦ There is work to moving forward.
- ✦ Brain neuropathways aren't a computer.
- ✦ Tools to address:
 - ✦ Dangling the Carrot (inspires hope, helps with motivation)
 - ✦ Gentle Ultimatum (what is required for change)
 - ✦ Sitting with Open Hands (no judgement if the client isn't read to do this kind of work)
- ✦ More on exactly how we do this in Part 3!

Positive Reframing Addresses Outcome Resistance

- ◆ We are not saying it's ok or good to BE depressed, anxious, or angry but that these emotions were all created by God and have a purpose.
- ◆ But there are reasons you feel the way you do based on your values and the reason emotions exist in the first place.
- ◆ Helps clients see “negative” emotions aren't bad. Can help some feel better about themselves and their emotions.

Positive Reframing

Brings all the outcome resistance to conscious awareness.

- **What are the advantages and benefits to how you feel?**
- **What does it say about you that is positive and awesome?**

EXAMPLE #1

Taking course on becoming a coach, feeling anxious, nervous, inadequate. Positive Reframe of those emotions:

- ★ **Anxious/nervous** – Shows I care about what I am learning. Keeps me vigilant. Helps prevent me from getting distracted.
- ★ **Inadequate** – Shows I'm humble. I'm willing to learn. I am teachable, not superior. I'm realistic as I'm new to all of this.

EXAMPLE #2

Lost my best friend in a car accident when I was driving, feeling sad, down, guilty, ashamed:

- ★ **Sad/Down** – Helps me to connect to her memory. Realistic. Shows I cared about my friend, I'll miss her. I value relationships and this one was meaningful.
- ★ **Guilty/Ashamed** – Helps motivated me to move toward forgiveness. Shows I take responsibility for my actions.

ACTION-PRACTICE

Mood Log

Triggering Event - When, where, and who was I with:

Negative feelings (rate 0-100%):

Anxious	Worried	Nervous	Afraid	
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Positive Reframing





Other Factors

WHAT ROLE DO OTHER FACTORS
PLAY

Correlation vs Causation and Contribution!

- ◆ **Causation** - something directly produces a problem. IE: Touching a hot stove causes a burn. Clear line between one thing and what follows.
- ◆ **Correlation** - two things show up together but one doesn't necessarily cause the other. IE: Every person born in 1903 who ate pickles died. Pickles are lethal!
- ◆ **Contribution** - something may influence, improve, worsen, or be part of the whole picture without being the main reason the problem exists or the only solution to correct it.

“

...well-directed physical exercise would prove an effective remedial agent. In some cases it is indispensable to the recovery of health. The will goes with the labor of the hands; and what these invalids need is to have the will aroused. When the will is dormant, the imagination becomes abnormal, and it is impossible to resist disease.

”

MINISTRY OF HEALING P 239

Other Contributors to Mental Health

Activity - physical exertion, purpose

Rest – daily, weekly, respite

Social – volunteering/service, connection

Spiritual – how we view God, theology – legalism, hellfire, etc.

Other choices – alcohol, drugs, toxins, overall health (water, etc.)

Other factors – genetics, upbringing, disease, hormones (PPD, Menopause, etc.)

In the Context of Mental Health Coaching

- ◆ Physical health practices matter and can support mental health
- ◆ Clear thinking requires basic physical stability (sleep, sobriety, nourishment)
- ◆ Physical health alone is **not sufficient** for healthy thinking
- ◆ You can follow all health principles and still struggle emotionally
- ◆ Most emotional suffering is driven by thinking, not physiology

Resources

Many lifestyle choices impact our health both physical and mental. We all know how grumpy we can be with lack of sleep or making bad choices when under the influence of alcohol. More in the Handout!

Free 90min Course, “Optimal Health”

<https://angelapoch.com/course/optimal-health/>

“So whether you eat or drink, or whatever you do, do it all for the glory of God.” 1 Corinthians 10:31, NLT.

The Mind ALSO Affects the Body

Mental and emotional states strongly influence physical health

Chronic fear, guilt, shame, and self-attack weaken the system

Peace, hope, and love strengthen the body

CBT has been used to help people who have chronic pain and other physical disease live happier lives and even reduce symptoms

“The relation which exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health of the physical system. If the mind is free and happy, from a consciousness of right doing and a sense of satisfaction in causing happiness to others, ...”

CHRISTIAN TEMPERANCE AND BIBLE HYGIENE, 13, 1890.

“*...it (mind happy and free) creates a cheerfulness that will react upon the whole system, causing a freer circulation of the blood and a toning up of the entire body. The blessing of God is a healing power, and those who are abundant in benefiting others will realize that wondrous blessing in both heart and life.*”

CHRISTIAN TEMPERANCE AND BIBLE HYGIENE, 13, 1890.

