POST-TRAUMATIC GROWTH COACHING

Post traumatic Growth and feeling good after trauma is entirely possible. One of the best approaches to this growth is via Post-Traumatic Growth Coaching.

This program focuses on moving forward after trauma and incorporates trauma-informed and body-oriented coaching techniques. This coaching can work well in conjunction with psychotherapy or as a standalone for the healing person.

A little bit about both types of coaching:

Body-Mind Coaching is a cutting-edge somatic coaching approach which works not just with the intelligence of our minds, but also the intelligence of our bodies.

This type of coaching is gaining more and more popularity due to its ability to achieve effective results - and the fact the latest scientific findings provide a great deal of research for why it works.

Body-Mind Coaching draws on the schools of somatic psychotherapy Gestalt, Focusing and Hakomi and incorporates the latest findings from Neuroscience, Embodied Cognition, Interpersonal Neurobiology and Polyvagal Theory.

Our evolving understanding of each of these domains moves us away from the traditional focus of modern psychology on the reflective mind, and points us towards the human being as an integrated system - a complex, intelligent whole.

Most people, and especially in the world of work, live from their heads, operating from their intellect. Our intellect is of course incredibly useful. It is a gift that enables us to bring ideas into reality. But we've been over-using it, and this leads to us feeling off-balance.

By using the body in coaching, there is potential to experience more than is already known. This is done by accessing the wisdom of the body and breaking through old stories, frozen beliefs and stuck patterns of behaviour.

This type of work can involve engaging with human form and energy in a host of ways, including posture, shape, pattern, flow, space, rhythm, movement, stillness and breath. It also involves following our sensations, emotions, felt senses and imagination.

Working in this way helps us reconnect with the whole of ourselves and wake up to the untapped resources our bodies hold for living more fulfilling, wise, and ethical lives in the world.

POST-TRAUMATIC GROWTH COACHING

Trauma Informed Coaching is focused on building specific post-traumatic growth skills. It is based on your experience in the here and now. The conversation is not around processing whatever trauma you have experienced. Instead, conversation is around how your life is being impacted now, and then strategizing for a better future.

You will find the wisdom and insight from your experiences and make sense of your story. This brings relief and other good feelings. Sometimes there is psycho-education and follow up homework to help you cement in the insights.

You will learn to regulate and resource yourself so that life becomes more alive, fulfilling, and peaceful. You will feel cared for, seen, understood and supported.

Both methods of coaching come from a place of holding the client as wise, resourceful, creative and whole. You are not broken and you already have everything inside you to have the kind of life you want.

Both kinds of coaching focus on what is right, good, resourcing and uplifting for you. We do not focus on what is wrong- as this can lead to dysregulation.

The Sessions

Sessions are usually 60 minutes in length and can be done virtually so you can be in your most safe and comfortable place. Get out a blanket and have a hot cup of tea!

The client can bring a particular subject to the session that they are wanting to work on. This can range from a behaviour or response that is causing a disruption, making changes, bettering a relationship, regulating the hyper or hypo nervous system, making decisions or planning, or envisioning the future to name just a few subjects.

Sometimes, the session will be based on a framework which has been designed to lead to post-traumatic growth. This is quite useful if you think you don't have anything to work on when you come to a scheduled session. Clients feel productive and what needs to be worked on is usually revealed within the framework and process.

The bottom line...you and your coach work together as equals and partners to make the experience relevant, intentional, productive, and healing.

Before engaging in any coaching- the client and coach have an intro meeting to see if coaching is right for them and if they are a good fit for each other.