

**animas**

Centre for Coaching

# The Therapist's Coaching Programme





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# **Therapy and coaching are both proven and effective approaches to personal development and transformative change**

And while there are some crossovers and similarities between the two, there are also key differences that set them apart and make each of them more effective in working with certain clients or tackling particular challenges.

A therapist may lead the conversations direction, while a coach will progress with a client lead approach. A therapist may give answers, suggestions or advice to clients in order to shift thinking patterns, while a coach will ask questions to enable the coachees to find their own answers.




Where a therapist often draws from the past and how it shows up in the present, a coach will look at the present and its relationship to future goals or aspirations.

Coaching also tends to present more opportunities to work in a wider variety of areas, with corporate & executive coaching, creative coaching, youth & education coaching, performance coaching and 1:1 coaching being just some of a number of popular niches that coaches work in.

These are just a few of the different focuses that enable therapy and coaching to work in and with different approaches. yet at their core they both set out to achieve the same thing: To support clients as they move forward with greater clarity, confidence and self awareness.

While coaching is newer in its inception, it continues to become more and more popular among those looking to find greater meaning, fulfilment and ultimately happiness.



For therapists, the skills, tools, techniques and approaches coach training offers, can be a great addition to your current toolbox. As a therapist-coach practitioner, you will be broadening the type of support you can offer to new clients, and also creating more opportunities to work with a broader range of clients and settings, from one-to-one work in your private practice to working in-house in organisations and businesses with executives and senior management.

If you are looking to make the shift into coaching or to integrate coaching into your therapy or counseling practice, then our **The Therapist's Coaching Programme** is the right programme for you.

This course equips you with the skills, tools and confidence to become a highly skilled coach over a number of months. Enabling you to work with a wide range of coaching clients and in a variety of contexts.



The course is delivered through 3 modules that contain 13 sessions in total. The 3 hours training sessions consist of live virtual training, allowing you to attend from the comfort of your own home. Our virtual experience replicates the live classroom training experience with trainer-led presentations, break-out sessions, interactive group conversations, Q&A, detailed walkthroughs of models, coaching practice and more.

Each of the three modules will focus on a different aspect of your coaching journey:

- **Module 1 – Foundations of Coaching**
- **Module 2 – Skills and Tools of the Coach**
- **Module 3 – Integration, Bring It All Together.**

To get to know our **The Therapist’s Coaching Programme** in more detail, explore the sections below to dive deeper into the details of the course.

# Course Structure

## Module 1: Foundations of Coaching

This will be a series of sessions that explore what coaching is, what it is not, your perspectives around coaching as a therapist/counsellor and the skills you bring with you. It will explore the boundaries of coaching and the fundamental skills including rapport building, listening as a coach, and coaching questions.





## **Session One**

- Course overview, expectations and desires
- Introductions, experience and definition of coaching
- Mapping out the crossover skills of therapy, counselling and coaching
- Identifying the boundaries of coaching and how to manage this as a trainee coach

## **Session Two**

- Fundamentals of coaching including ICF core competencies
- Creating trust and rapport in the coaching space, and understanding the coaching focus

## **Session Three**

- Review coaching understanding, fundamentals and crossovers
- Grow model – The Classic – Demonstration and Practice





## **Module 2: Skills and Tools of the Coach**

This is where we learn the nuts and bolts of coaching skills and tools. Framing the work within the ICF Core Competencies building on the GROW and TOOLKIT models of coaching with goals and outcomes.

Starting with shifting the work towards beliefs, behaviours and values using processes like STAR, SPACE(R), A-F, Visualisations and Future Pacing.

Then Transactional Analysis work, exploring coaching applications; as we work with scripts, ego states, transactions, drama triangles, life positions etc.

Finally pulling together the skills work with Paradigm/World-view, narrative and metaphor work.



### **Session One**

- Questions and Listening Within Coaching
- Toolkit – The Coaching Journey – Demonstration and Practice

### **Session Two**

- Fundamentals of Cognitive Behavioural Coaching
- SPACER & STAR – Demonstration and Practice

### **Session Three**

- Values – Exploring how we work with the client to become aware of their values bringing them to the surface as well as understanding the impact they have on the clients decision making
- A – F Shifting/Working With Beliefs

### **Session Four**

- Coaching Demonstrations and Fishbowls on Values and Belief Work
- Visualisation Work in Coaching



## **Session Five**

- Transactional Analysis in Coaching
- Transactions and Ego States
- Drama Triangle
- Transactional Analysis in Action – Coaching Demonstrations, Discussions and Fishbowls (group observed coaching sessions)

## **Session Six**

- Scripts
- Life positions
- Personal Paradigms – Exploring clients world view





## **Module 3: Integration, Bring It All Together.**

A series of sessions exploring how the students will apply the learnt skills in combination with their previous working modalities. This will explore integration and inter-relationships of the humanistic approach, seeking to enable each practitioner to forge their own way, thus creating their own models and practice philosophies.



### **Session One**

- Bringing It All Together – Coaching Fishbowls

### **Session Two**

- Integration – To Combine or Not To Combine Your Coaching Approach

### **Session Three**

- Your Coaching Approach – Sharing of models, practice and philosophy developed by your fellow students, practice and philosophy

### **Session Four**

- The way forward as a coach, including:
  - ✓ How Do I Market My Practice?



# Support

It is very easy to become isolated when training virtually, so with this in mind we have created multiple support mechanisms built into the programme to make sure that you maintain your wellbeing and feel part of a growing and learning community.

- **Practice Groups**
- **Supervision**
- **Active Learning**
- **Private Groups**



## **Practice Groups**

During your training you will create small practice groups, where you will come together to practice and support each other on your learning journey.

Also on a monthly basis, there will be fishbowl practice sessions. This is where you will be invited to practice your coaching with the whole group so that you are able to learn through each other's feedback and coaching approaches.

## **Supervision**

On a monthly basis you will have the opportunity to share any challenges you might be facing with your practice clients. Limited time will be given during your training sessions, but here you will have the opportunity to delve deeper into any client issues with a coaching supervisor.





## **Active Learning**

We encourage independent learning throughout the course and will provide a recommended reading list that we hope will deepen your knowledge and understanding. The additional reading will support and frame the topics covered and enhance your learning journey throughout.

## **Private Community**

The Therapist's Coaching Programme will also have its own dedicated group on Facebook, where you'll be able to share ideas, test your skills on practice clients and connect with other coaches.



# Qualification

Qualification will be gained through the attendance of the training, participation in the practice groups and supervision.

In order to graduate you'll need to have completed:

- 25 hours of practice client work
- A case study exploring your coaching work with a client
- A presentation sharing your coaching approach as part of the third module



## Special Launch Fee for May Group

We have a special launch fee for this first group in May of:

**£3495 / €4080 inc VAT and all costs.**

(After this first group, the full course fee will be £3,995 / €4,700).

This is a saving of £500 / €620 for joining our first group starting in May 2021.



## Enrolment Fee & Payment Options

A deposit of £495 / €585 will secure your spot and enrol you on the course, giving you immediate access to all the resources.

You can then either:

1. Pay the balance in full at least 30 days before the course starts and save a further £100 / €115. With this option:
  - Total possible saving for May group becomes £600 / €735
  - Full course fee for May group becomes £3395 / €3965

OR

2. Pay the balance in 5 monthly instalments of £600 / €699, at no extra cost.

## Course Trainers

Myira Khan and Nina Mitchell are Accredited Members of the BACP and Marcus Stone is an Accredited Certified Coach with the ICF. They all have active coach/ therapist practices, which allow them to support you with first hand knowledge and experience in their respective fields.



**Myira Khan**



**Nina Mitchell**



**Marcus Stone**



## Dates and Times

Our first intake will begin on the 17th May 2021, with 13 weekly sessions. There will also be two study breaks during the programme. The total time of the course is around 4 months or 16 weeks.



## How to Enrol

Enrolment on the The Therapist's Coaching Programme is by application only. Once you apply using our simple online form, we'll call you to answer any questions you may have and to make sure the course is the right fit for you. If you then decide to join, we'll be able to take you through the enrollment process there and then or arrange a further call.

### **4 Steps to Enrolling:**

1. First, complete the online application form [here](#):

Please note that we will request sight of your relevant therapy / counselling qualification as this is a prerequisite for being accepted on the The Therapist's Coaching Programme.



2. Then book a call with a Course Consultant here:
3. On the call, if you are ready to enrol, you'll agree to your course dates and pay the course deposit.
4. Within 24 hours you will receive your enrolment confirmation and course details, with access to your online membership and your journey towards becoming a coach begins!

**We are looking forward to welcoming you on board!**



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