

Coaching and Therapy... compatible or strange companions?

- Stephen Paul



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RESOURCE GUIDE

About Stephen Paul

Stephen Paul has recently retired as Director of The Centre for Psychological Therapies at Leeds Metropolitan University after 20 years of service. He is co-editor of *The Therapeutic Relationship: Themes and Perspectives* (PCCS, 2008) and *The Therapeutic Relationship Handbook: Theory and Practice* (McGraw-Hill / OUP, 2014). He has written a chapter on coaching in the NHS (with Bill Penson) in *Thew M and McKenna J., (Eds) Lifestyle Management in Health and Social Care* (Wiley, 2008).

Steve undertook his first training in Coaching in 2002. He oversaw the development of an MA programme and has taught coaching to both staff and students at various universities. He is currently delivering a fourth foundation certificate to student services staff at the University of Brighton.

He now writes, practises therapy, supervision and coaching, and provides training.



Stephen Paul

Recommend Reading

The Therapeutic Relationship: perspectives and themes

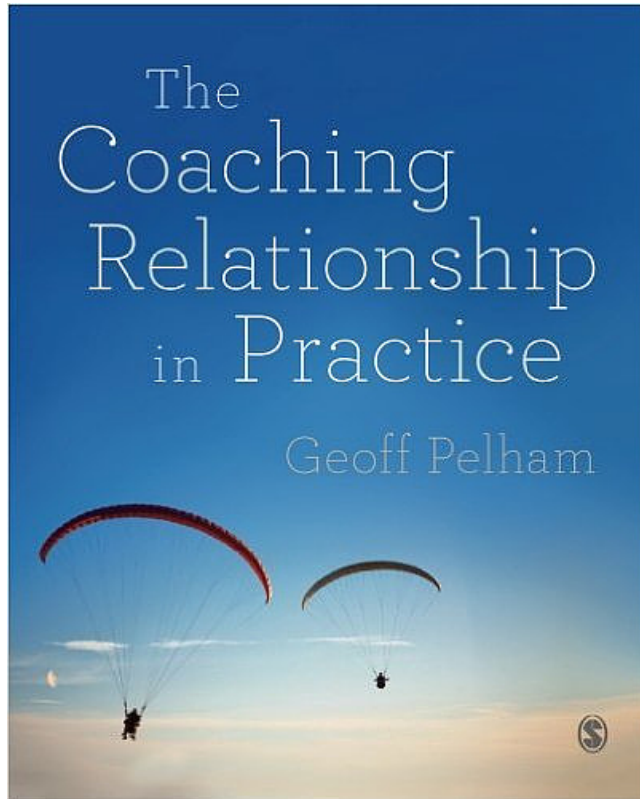


This work explores the therapeutic relationship in the psychological therapies. It will be an important resource book for practitioners including counsellors, psychotherapists, psychologists, trainers and trainees and all those who work with people in therapeutic contexts. This book reviews the importance of the therapeutic relationship within the key modalities of Person-Centred, Psychodynamic, Existential, Gestalt, TA, CBT, Relational and Transpersonal approaches. The place of power and oppression and the social context of the relationship in therapy are further reviewed. Authors examine what the research really tells us about outcomes in therapy and explores the place of research for the psychological therapies. In a series of commissioned chapters significant themes are presented which enable the reader to consider their impact on therapeutic practice. These include: touch, a Japanese perspective, spirituality, I-Thou relatedness and the contribution of Buber, the creative therapies and working with groups. In this title, the reader is invited to consider their own modality, their practice and their understanding of what really works in therapy.

[**CLICK HERE FOR MORE DETAILS**](#)

Recommend Reading

The Coaching Relationship in Practice



This book explores that which is at the very heart of coaching: the coach-coachee relationship. Considering the relationship at each stage of the coaching process, it will equip your trainees with the necessary skills and knowledge for building and maintaining successful coaching relationships every step of the way.

In clear and friendly terms the book simplifies complex issues including the practicalities of getting started, the intricacies of coaching across cultures and of coaching from within an organisation, and how to make the most of supervision. A crucial chapter on evidence-based practice considers the importance of research in the area and how to use the evidence-base to support professional coaching practice. Reflective questions, examples, implications for practice and recommended reading are included in every chapter, encouraging your trainees to consider how they might bring themselves to the coaching relationship.

[**CLICK HERE FOR MORE DETAILS**](#)

Resources

www.naturalmedicinehalifax.co.uk

www.leedsbeckett.ac.uk

www.temenos.ac.uk

www.pccs-books.co.uk

www.leedscpd.org/training-as-a-coach.html



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Resources - YouTube Videos



Summary of Inner Game of Tennis, Timothy Gallwey

The grow model developed by John Whitmore

Intro to coaching - simplistic but outlines the process

Click on the titles to watch the video



Contact

www.stephen-paul.co.uk



Stephen Paul

Click on the links above to contact Stephen



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