

## **An introduction to Psychosynthesis Coaching**

The field of coaching, variously referred to as personal coaching, life coaching or in business work, executive coaching, has emerged strongly since 1998. It is a field that is currently unlicensed, though regional and national certification is available, including through NBCC and its credentialing arm, CCE. It has found among its practitioners both counselors and psychotherapists transitioning from clinical work into coaching, and practitioners trained solely as coaches. Its application extends to a wide variety of client populations, client needs and varying services for personal, professional, and business use.

Psychosynthesis, variously referred to as a holistic, transpersonal, spiritual or psycho-spiritual psychological orientation has pioneered key concepts and strategies that are at the core of coaching principles. Written in 1973, *The Act of Will*, is a defining text in psychosynthesis and clearly orients itself towards a coaching methodology. Psychosynthesis assumes a Self in each person functioning as a center of awareness and will. It is through accessing awareness and engaging will that growth and transformation are possible.

Along with a comprehensive theory and methodology to support access to the will, theory and practice include the use of the full range of psychological functioning (imagination, thinking, feeling, sensation, impulse & desire and intuition); work with subpersonalities; techniques of imagery, dialogue, journaling, goal setting, cognitive, emotional, and sensory awareness and a commitment to purpose, meaning and values as the path to well being.

The *Call of Self*, a phrase coined in psychosynthesis, is the center point of work. It is the assumption that each individual has the capacity to tune in, deeply, to a sense of life purpose. Likewise, families, groups, businesses and cultures at large have the potential for responding to what is truly important, building slowly but surely towards a healthier world.

Psychosynthesis coaching is done in-person, by phone, by skype and by email exchange. It assumes that the client desires to align with their deepest Call of Self. The work of coaching may involve everything from immediate, time-delineated goals, to larger existential issues of life meaning. Most areas of human growth will find support and guidance from psychosynthesis coaching.

Each psychosynthesis coach comes to this work fully trained in psychosynthesis and embodying, in their own work, the many principles and practices that complete their toolkit. Visit our coaches page to learn more about our many, wonderful coaches!