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Different therapeutic and Coaching approaches and their philosophies

Brief Therapy

Different from psychoanalysis which aims to explore deeper comprehensions and inferences of a problem, brief therapy develops strategies for immediate well-being.

The brief therapy model has been influenced by different models such as Milton Erickson's work on hypnosis and Palo Alto school (G Bateson) who considers that long lasting changes can also occur through short and efficient therapies.

The number of sessions are thus fewer in Brief therapy as opposed to analytical therapy.

Neuro linguistic programming(Grinder and Bandler)

Is an approach to communication, personal development, and psychotherapy. Grinder and Bostic St Clair (2001) state that "NLP is a modeling technology whose specific subject matter is the set of differences that make the difference between the performance of geniuses and that of average performers in the same field or activity." The term "Neuro-Linguistic Programming" refers to a stated connection between the neurological processes ("neuro"), language ("linguistic") and behavioral patterns that have been learned through experience ("programming") and can be organized to achieve specific goals in life.

Hypnotherapy (Milton Erickson)

is the act of placing the mind into a hypnotic state where actions and outcomes can be transformed and changed for the betterment of the person. When actively hypnotized, a person's mind is put to rest or placed in a relaxed state, where the stresses of every day life and the thoughts that often preoccupy the mind fall off to reveal a more inner sight.

Hypnosis has been compared to the feeling the body experiences when falling into a deep sleep. The comforts of the body, the calmness of the mind are all very similar to the state that hypnosis renders on the user.

Hypnotherapy is a therapy based on using the state of hypnosis to cause positive change. Hypnotherapy is sometimes known as 'conventional hypnotherapy', or 'clinical hypnosis', or 'suggestion therapy'. It is the skillful and careful use of suggestion to alter negative belief systems within the subconscious mind into more positive thought processes for the well being of the person being treated.

Hypnotherapy can be used to help people in many aspects of their lives, but it is largely suited to help with very simple problems such as smoking addiction, and assisting people with self improvement goals such as sports performance, exam excellence, and when people need quick fixes such as fear of flying

Hypnotic trance is something entirely natural that we all experience every day. It is that deeply relaxed state that we enter into just before we fall asleep.

Most people experience this several times a day unconsciously – any time we become deeply relaxed or highly focused on a given activity – when driving, reading or concentrating on a screen for example – the 'where did that time go' moment !

Solution focused therapy (S DeShazer W O Hanlon)

Based on the idea that all patients have the aptitude and resources in order to solve their problems.

Enneagramme

Everyone emerges from childhood with one of the nine types dominating their personality, with inborn temperament and other pre-natal factors being the main determinants of our type. This is one area where most all of the major Enneagram authors agree "we are born with a dominant type". Subsequently, this inborn orientation largely determines the ways in which we learn to adapt to our early childhood environment. It also seems to lead to certain unconscious orientations toward our parental figures, but why this is so, we still do not know. In any case, by the time children are four or five years old, their consciousness has developed sufficiently to have a separate sense of self. Although their identity is still very fluid, at this age children begin to establish themselves and find ways of fitting into the world on their own.

Systemic therapy (many trends among Gregory Bateson)

In psychological treatment, systemic therapy refers to a type of therapy used for two or more people addressing a problem. It is a psychological term that relates to family therapy, though it is not limited to families. Any type of group can benefit from this therapy, which can offer easier solutions to group problems because systemic therapy does not include psychoanalysis or individual counseling. The primary focus is to cover an overall issue instead of specific problem. When a group is offered a solution, it can also be applied to other problems

Systemic therapy views people in relationship to each other rather than what is happening within the individual.

We explore together how people communicate with each other and what they communicate looking to identify and explore the patterns of behaviours and beliefs in roles and relationships that have become rigid over time. Doing this enables clients to decide if change is desired.

This approach is a very active using questions to explore stories from the clients past and present. It assists clients to identify, link, expand and acknowledge the positive and helpful experiences from their past and present they may have lost sight of in their present confusion and distress. Using these insights it is then possible to reframe and move forward in a more positive and helpful way.

Behavioral therapy(Pavlov Skinner)

Eliciting defense mechanisms in order to create changes of beliefs.

Assignments are suggested between sessions.

Cognitive Behavioural therapy

CBT is based on the Cognitive Model of Emotional Response.

Cognitive-behavioral therapy is based on the idea that our thoughts cause our feelings and behaviours, not external things, like people, situations, and events. The benefit of this fact is

that we can change the way we think to feel / act better even if the situation does not change.

CBT is briefer and time-limited.

Cognitive-behavioral therapy is considered among the most rapid in terms of results obtained. The average number of sessions clients receive (across all types of problems and approaches to CBT) is only 16. Other forms of therapy, like psychoanalysis, can take years. What enables CBT to be briefer is its highly instructive nature and the fact that it makes use of homework assignments. CBT is time-limited in that we help clients understand at the very beginning of the therapy process that there will be a point when the formal therapy will end. The ending of the formal therapy is a decision made by the therapist and client. Therefore, CBT is not an open-ended, never-ending process.

EMDR (Francine Shapiro)

Painful events can be processed with difficulty; images sounds and sensations linked to the event stored in the brain can be reactivated when minor details can cue discomforts that are directly or indirectly linked to the trauma. Eye movements can release the traumatic information and replace them by more rational behaviors and thoughts. What is coaching? Lending one's ear in order to help someone find naturally a solution are the first steps to coaching

Coaching

Philosophically coaching is a precursor of maieutics (Maieutics can be compared to intellectual midwifery), similarly, maieutics is the act of facilitating a person in delivering an idea. This process becomes more efficient when one is conscious of his resources and fears he will thus begin to "know himself" much like Socrates' universal declamation.

Later, philosophers spiritual guides such as Pygmalion, Mentor, and educators played important roles in awakening our consciousness, they have well been using the coaching tools that have been developed in our modern world ((P. Angel, P. Amar, E. Devienne et J. Tencé, 2007)

Objectives and stages

- 1) Helping the client in defining the objectives
- 2) Prioritizing the objectives
- 3) Identifying what may slow down the
- 4) Discovering existing resources and learning how to exploit them efficiently
- 5) Evaluating the efficiency of the above via assignments

This quest for fulfilment can be compared to an adventure whose path is scattered with "trials". These trials exist for the adventurer to exploit and evaluate the efficiency of his resources.

A good Coach may use one or two strategies or again mix a number of different tools according to the adventurer's need.

You can compare this procedure a little like a musician that never plays the same piece the same way, indeed he adapts himself according to the audience, the changes of atmosphere and the feedback of the audience.

The adventurer must feel the process of change as something obvious that will elicit his enthusiasm in exploring and discovering his resources.