

Simon Orenbach

Simon Orenbach's philosophy. Therapy doesn't have to be long nor austere in order to be efficient.

The coach or therapist can help trigger long-lasting and solid changes.

To do so he needs to help his client understand how he had constructed his realm. This will help the client understand patterns or behaviors that he had organized in his life. He will further understand why these patterns or behaviors become unhelpful or obsolete in present or future situations.

Feelings of powerlessness trigger frustrations that can be expressed by a multitude of physical symptoms or discomforts. Once this is understood he will be able to change these patterns in order to install a more coherent and rational behavior.

Simon Orenbach is inspired from Michael White's Narrative Coaching approach:

When we are confronted with situations that give us a feeling of frustration or powerlessness, often a same pattern persists. Narrative coaching helps us:

- Understand why this pattern exists
- Identify the values from which in through which our personal identity has been constructed.
- Anchor and exploiting the identified values to rewrite our narrative story.
- Anticipating future events using the identified values so that the feeling of powerlessness is replaced by empowerment.

Here is a story that will provide an insight

Let's call this client the "Little Prince"

He was brought up in an environment where saying "no" was considered inappropriate or dangerous.

Indeed he noticed the annoyance caused when he disapproved his parents. He concluded that saying "no" or standing up for himself could compromise the atmosphere. He thus built his kingdom with laws which aimed to create a comfort zone.

One of these rules could have been: If you do not want to be abandoned or if do you not want to disappoint, you should acknowledge what people suggest you.

He applied diligently these rules at school and later on in his professional and personal life. He also gained the reputation of being the "Gentle nice Little Prince".

He gradually began to feel weary and started complaining of betrayals or taken advantage of. Confused and frustrated his self-confidence plunged and finally he decides seek help. His coach or therapist draws his attention on his Kingdom and the Little Prince begins to understand what the discomforts and uncomfortable symptoms are trying to tell him

"Why don't you build a kingdom that is more aligned with your values rather than your fears?"

The little prince decides to build his new property on new grounds, new rules and awareness:

Saying "no" or standing up for yourself is not all that dangerous.

This insight is the first building block of his new Kingdom. As he is challenged, he realizes that these rules are more rational than those of his former kingdom. They are more coherent with his values. Welcome to my new world !

The coaching or therapeutic team:

The assignments that are suggested by a coach or therapist aim to shift unhelpful thinking patterns into more coherent and rational ones.

The level of commitment for subscribing to these assignments depends on how the coachee is convinced that his story is well understood by his coach. This process provides an important variable: "An authentic therapeutic bond"

It is essential for this to happen in order to create a genuine collaborative teamwork. It is also essential for this bond to disappear one day.