



Medical Coaching Training Program

Technique Booklet

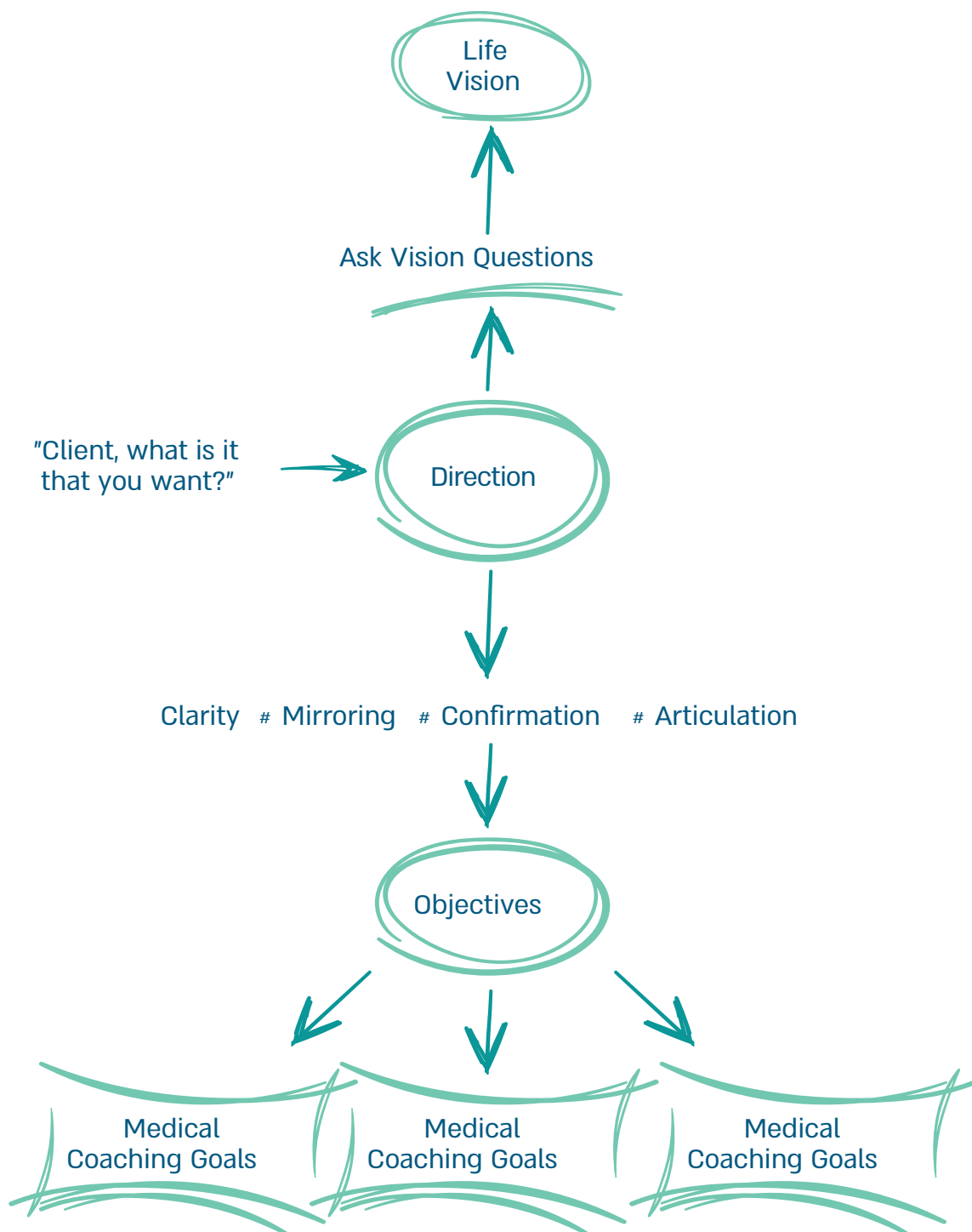
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The 4 stages of Medical Coaching:

1. Inner Compass
2. Commitment
3. Journey of Health
4. Return Home and Integration



Six Logical Levels of Change

1. **Environment:** Where is the change going to take place?
2. **Behaviors:** What will be my behavior/s once this change is achieved?
3. **Capabilities and Skills:** What capabilities and skills will I use/have once this change is achieved?
4. **Values and Beliefs:** What value are being honored and what do I believe about it?
5. **Identity:** Who do I become in this world when I make this change?
6. **Spirituality/Purpose:** For the sake of what am I making this change? What is the bigger picture/the bigger game?

Fear of Reoccurrence/ Recurrence

Short term approach:

1. Acknowledge the fear
2. Help the client ground him/herself
3. Remind the client that he/she are more than the illness
4. Remind the client where the true control is
5. Help the client name the real fear
6. Help the client speak his/her beliefs

long term approach:

1. Identifying Triggers
2. Clearing Triggers
3. Anchoring Resources
4. Updating the Self-Care Routine

Anchoring a Goal in the Client's Future

1. Elicit a Timeline on the floor.
2. Ask the client to step on the Timeline in the PRESENT, facing the FUTURE.
3. Ask the client to identify the point, on the Timeline, when the goal is achieved.
4. Ask the client to step off the Timeline and step on it in the future, where the goal is achieved.
5. Connect the client to the experience of the achieved goal.
6. Ask the client to turn around, towards the present and see his/her "Present Self".
7. Ask the client to give his/her "Present Self" an important insight or advice from a place of META-View wisdom.
8. Ask the client to step off the Timeline, return to the present, facing the future.
9. Ask the client to take in the insight/advice received from his/her "Future Self".
10. Be curious about the client's experience.
11. Ask the client "what is the next step to be taken NOW, to achieve the Goal?"

Collapsing Anchors

1. Choose the desired resource.
2. Recall a vivid past experience.
3. Create an intense association to the experience.
4. Anchor the resource. Hold for 5-15 seconds and release the 'anchor'.
5. Break State
6. Repeat steps 3-4 two more times
7. Test the anchor – 1. Check if the client experiences the resource.
8. Break State
9. Test the Anchor – 2. Check if the client experiences the resource.
10. Test the Anchor – 3 in another current situation, similar to the original one
11. Test the Anchor – 4 in a future situation, similar to the original one
12. Future pace

Circle of Excellence

1. Identify the desired resource.
2. Draw an imaginary circle on the floor that contains the resource.
3. Ask for the sub-modalities of the resource inside the circle.
4. Ask the client to step into the circle, associate the client.
5. Ask the client to step out of the circle and BREAK STATE.
6. Ask the client to step into the circle for the 2nd time, associate the client. Calibrate.
7. Ask the client to step out of the circle and BREAK STATE.
8. Ask the client to step into the circle for the 3rd time, associate the client. Calibrate.
9. Ask the client to step out of the circle and BREAK STATE.
10. Ask the client to remember a time when this resource was needed.
11. Ask the client to step into the circle and connect to the resourceful state.
12. Ask the client to step out of the circle and BREAK STATE.
13. Ask the client: 'What is different now? What becomes possible? Create an internal anchor of the resource with the client.
14. Test on a future situation where the resource will be needed.
15. Ask the client: 'What becomes possible now?'
16. Ask the client to step out and put the symbol back in the body.
17. Future pace.

Changing LIKE to DISLIKE

1. Identify the issue.
2. Elicit the sub-modalities using the worksheet and write them in column #1
3. "Think of something which is in a similar context, but which you absolutely dislike"
4. Elicit the sub-modalities using the worksheet and write them in column #2.
5. Look for t polarities. Change the sub-modalities of #1 into the submodalities of #2
6. "Lock it with a Master Lock"
7. Test

Reframing Values

1. Identify the relevant value. Ask your client how this value manifests itself.
What are the behaviors, thoughts and emotions that are attached to this value?
2. Use the attached table to explore the value (write the client's answers).

Comparing the value to...	Similarity	Difference	Positive Learnings
Another person with a similar value, today			
Another person with a different/opposite value, today			
Myself, in the past, with a similar value			
Myself, in the past, with a different/opposite value			
Myself, today, with a similar value			
Myself, today, with a different/opposite value			
Myself, in 10 years, in the same context			
Myself from a META-view (on the moon), same context			

3. Read back all the learnings to the client and ask the client to give the value a new, more appropriate name

Talking with Parts

1. Identify the relevant behavior.
2. Facilitate a state of relaxation.
3. Ask the client's permission to speak with the subconscious mind.
4. Ask the subconscious mind's permission to speak with the part that is the behavior.
5. Thank the part for agreeing to speak with you.
6. Explain to the part the meaning of a Positive Intention.
7. Elicit the part's Positive Intention.
8. After revealing the Positive Intention, mirror to the part the gap between the intention and the actual behavior.
9. Ask the parts permission to change the behavior and create an agreement.
10. Thank the part for its cooperation.
11. Check ecology
12. Bring you client out of relaxation, debrief and present the agreement with the part.

Parts Party

1. Establish the language for the process
2. Facilitate a state of relaxation for the client.
3. Ask the client to go to a safe and beautiful place. Set the table and the chairs.
4. Ask the client to invite to the table **2 parts he/she loves** and seat and welcome them.
5. Ask the client to invite to the table **2 practical parts** and seat, welcome and introduce them.
6. Ask the client to invite to the table **2 parts he/she do not like** and seat, welcome and ask introduce them.
7. Ask the parts: "who among you feels the least understood?"
8. Elicit the positive intention of each part and make sure it is acceptable by the other parts.
9. Anchor the positive intentions and allow integration.
10. Get the client out of relaxation and future pace.

Shifting between Perceptual Positions - Relationship with Another Person/ Body/Organ or Illness

1. Identify the relevant relationship.
2. Invite the client to address the issue from 1st position.
3. Break State
4. Ask the client to step into 2nd Position, in association, and describe the issue.
5. Break State
6. Ask the client to go into 3rd Position, in association, and describe the issue from the point of view of the relationship
7. Ask what does the relationship need from the two participants in order to be balanced?
8. Ask the client to collect the learnings from 3rd and 2nd Positions, and return 1st position. Allow integration
9. Ask the client: What is different now? What becomes possible?

Secondary Gain - Questions

A.

- What is the upside of having this problem/issue?
- What is the downside of not having this problem/issue anymore?

B.

- What is it that you ARE doing that once you let this go, you STOP doing?
- What is it that you are NOT doing that once you let this go, you START doing?

Replacing a Belief

Stage 1 – Releasing the Old Limiting Belief

- Where is it located in my body?
- How does it affect my life and health today?
- What is the source (story) of this belief?
- What is the reason I have this belief?
- How do I know it's true?
- What does this belief say about me?
- Do I know people who have a different belief about the same issue? What is that belief?
- What is it that am I doing now that once I change this belief, I STOP doing?
- What is it that I am NOT doing now that once I change this belief, I START doing?

Stage 2 – Finding a New Empowering Belief (realistic and aligned with the values)

- Where do I want to locate it in my body?
- What impact is it going to have on my life and health once I start believing it? (as if it is happening now)
- For the sake of what do I want to believe this new empowering belief?
- What actions will I do when I believe this new belief?
- What value will I be honoring when I believe this new belief?
- How will I be when I have this new belief?

Stage 3 – anchoring the new empowering belief

Anchor the new belief using one of the three anchoring techniques you learnt.

Being Present in the Body

"Sit comfortably and close your eyes. Relax your muscles.

Take your attention to your head and start relaxing your facial muscles. Notice the tension in your forehead, chin and jaw and relax these muscles. If you are not sure they are relaxed simply tighten them and then relax.

Next, pay attention to your shoulders and neck. Bring the shoulders to the ears and then let them drop. Align your head in a way that it rests comfortably on your neck. Relax the muscles and let them rest on the skeletal system.

Next, bring your attention to your arms and hands. Let the arms rest and put your hands beside you or in your lap. Relax the muscles and allow the elbows and joints go limp.

Next, bring your attention to the abdomen. The system is designed so that breathing actually happens in the abdomen and not in the chest. Put your hand on your abdomen, below your navel and take a deep breath. As you inhale your abdomen will expand and when you exhale it will deflate (when we are breath naturally this movement is more gentle).

Next, take the attention to the pelvic area. Relax the genital and anal sphincter muscles. If

you are not sure they are relaxed simply contract them and release.

Next, bring your attention to your legs. Feel your feet firmly on the floor. Relax the muscles and allow the knees to go limp.

Bring your attention back to your breathing and allow yourself to be in this place and get familiar with it.”

As a coach you want to calibrate and notice changes such as clenching teeth, tightening shoulders, changes in facial expressions, changes in breathing patterns, fidgeting etc. This is part of the way the body speaks and as a coach you will use mirroring and reflecting questions as you start creating awareness to this language.

Body Scan

The technique entails methodically paying attention to each part of your body. You can choose to go from top to bottom or from bottom to top.

Once you come across a discomfort you pause and pay attention to it.

Depending on the purpose of the practice, you choose the relevant approach to clear the issue.

'Body Whisper - Body Shout'

'Body Whisper – Body Shout' is an approach that addresses physical intensity of pain and symptoms.

Low intensity is a 'whisper'. High intensity is a 'shout'.

The goal is to be able to recognize the pain at its 'Whisper' stage by the way the body embodies it and then create a strategy to address the underlying issue or request so that the shift into 'Shout' can be prevented/ avoided.

Parts Integration (Integration of Conflicting Parts)

1. Identify the conflicting parts
2. Elicit a state of relaxation
3. Ask for the location of part A in the body, invite the client to allow it to travel to the palm of the hand through the shoulder and create a symbol.
4. Ask for the location of part B in the body, invite the client to allow it to travel to the palm of the hand through the shoulder and create a symbol.
5. Elicit the positive intention of Part A.
6. Elicit the positive intention of Part B.
7. Engage the parts in understanding and accepting the positive intention of each other.
8. Instruct the client to turn the hands towards each other and slowly bring them closer together. Elicit a process of integration and creation of a new resource. Calibrate.
9. Ask the client what is the new resource and what is its symbol.
10. Anchor the new resource in the heart, head, guts and organ/location of the old issue.
11. Bring the client out of relaxation.
12. Ask the client to think about "that old issue" in light of the new learning and be curious about what becomes possible now.

EFT - Basic

1. TUNE IN AND ASSESS

- Identify the issue.
- Get the intensity of the issue
- Get the intensity of the related emotions.

2. THE SET UP

"Even though I have/feel _____, I love and accept myself."

Make this statement three times, while tapping continuously on the side of the hand.

3. TAPPING

- Eyebrow
- Side of Eye
- Under Eye
- Under Nose
- Chin
- Collarbone
- Thymus
- Under Arm
- Wrist

That is one round. Repeat at least two more times

4. DEEP BREATH

Take a deep breath.

5. REASSESS INTENSITY

Tune in and reassess the intensity level of the issue from 0 - 10.

Notice if there is a new issue coming up and start a new set of tapping.

EFT- Advanced

1. TUNE IN AND ASSESS

- Identify the issue.
- Get the intensity of the issue and related.
- Explore relevant sub- modalities

2. THE SET UP

"Even though I have/feel _____, I love and accept myself."

Make this statement three times, while tapping continuously on the side of the hand.

3. START TAPPING

- Eyebrow
- Side of Eye
- Under Eye
- Under Nose
- Chin
- Collarbone
- Thymus
- Under Arm
- Wrist

Tap for 3 rounds

Use all information (emotions and sub-modalities) you explored with the client

Encourage the client to vent anything else that comes up as you are both tapping together

4. DEEP BREATH AND REASSESS

Take a deep breath and reassess all the information on the list

Notice new emotions or submodalities and add them to the list.

5. NEW SET UP

Start a new set up and keep tapping until you have brought all the intensities down to the lowest point the client can bring it to at that point in time.

EFT – Pain (By Nick Ortner)

Identify the pain and elicit sub-modalities of **Shape**, **Color**, **Texture** and **Emotion**

The set-up:

Even though I have this **Shape**, I love and accept myself

Even though I have this **Shape** and **Color**, I love and accept myself

Even though I have this **Emotion**, I love, accept and forgive myself

Tapping

Eyebrow: This **Shape**

Side of Eye: This **Shape** and **Color**

Under Eye: This **Shape** and **Color** and **Texture**

Under Nose: This **Shape** and **Texture**

Chin: This **Shape** and **Color**

Collarbone: This overwhelm

Thymus: **Emotion**

Under Arm: This **Shape** and **Color** and **Texture**

Wrist: I am safe, calm and healing

Deep breath and drink of water

Reassess sub-modalities of: **Shape**, **Color**, **Emotion** and **Texture**

Get a new set-up with the new sub-modalities and continue tapping.

EFT - Tearless Trauma Technique

- Identify a specific event or memory that still triggers intense and painful emotions.
- Make sure it is in the client's past and has ended!
- Assess the emotions and the intensity and write it down.
- Give the event/memory a code name
- Write down all emotions and thoughts that the event triggers
- Elicit the sub-modalities of the emotions and thoughts - and assess the intensity
- Tap on the event using ONLY the code name and sub-modality of the emotions and thoughts
- Do 3-4 rounds
- Reassess the intensity and elicit new sub-modalities
- Keep tapping until you have brought the intensity down to less than 2
- Ask the client to TRY to remember "that old event" and notice what has changed
- Ask the client 'what becomes possible now'

The Medical Coaching Self-Care Matrix

<u>Level 3</u>	Purpose	Spirituality	Personal Development	Mind-Body Connections	Values
<u>Level 2</u>	Family Relationships	Work Related Relationships	Relations with Medical Team/ Caregivers	Social Support	Communication Skills
<u>Level 1</u>	Nutrition	Movement & Exercise	Rest	Environment	Time & Resource Management

ACE (Advanced Clearing Energetics)

1. Define the pain issue with the client.
2. Get the information of the energy from the heart, brain, guts, issue (pain or organ).
3. Notice the underlying pattern. Ask the client to give it an auditory code name.
4. Clear the trapped energy of the core issue in the heart, brain, guts and organ.
5. Use the Magic Questions: Is this energy yours? Where does it come from? How far back?
6. Ask the client to 'Go back before the Core Event ever happened'. Above the timeline.
7. Elicit the positive learnings.
8. Ask the secondary gain questions:
 - * What are you doing now that once you let this go you will STOP doing?
 - * What are you NOT doing now that once you let this go you will START doing?
9. Check that the event on the timeline is cleared and the energy is all gone.
10. Bring the client back to the present on the timeline. Read the positive learnings and ask the client to put them into the timeline.
11. Ask the client to create a symbol of the new energy that includes all the positive learnings.
12. Integrate the new energy into the heart, guts, brain, issue, organ. In this order.
13. Invite your client to open his/her eyes. Ask the client how what becomes possible now.

Rotating in Space Technique

1. Identify the challenging image (a still picture - not a moving picture)
2. Ask the client: What is the image? What thoughts are coming up? What is coming up in the body?
3. Ask the client to turn the image into a Black and White image AND put a frame around it.
4. Ask the client to reach out and touch the frame with the fingertip
5. Ask the client to close his/her eyes and drag the picture 3.5 turns counterclockwise
6. Ask the client to open his/her eyes AND release the old image.
7. Break State
8. Ask the client to try to bring up the old image and notice what has changed
9. Ask what becomes possible now

Breaking Space Technique

Identify the challenging image (a still picture - not a moving picture)

1. Ask the client: What is the image? What thoughts are coming up? What is coming up in the body?
2. Ask the client to turn the image into a Black and White image AND put a frame around it.
3. Ask the client to reach out and touch the frame with the fingertip
4. Ask the client to close his/her eyes and drag the picture 90° to the left.
5. Ask the client to estimate the following:
 - The distance from the fingertip to the ceiling
 - The distance from the fingertip to the floor
 - The distance from the fingertip to the wall in front
 - The distance from the fingertip to the wall behind
 - The distance from the fingertip to the wall on the right
 - The distance from the fingertip to the wall on the left
6. Ask the client to turn back while dragging the picture with the fingertip.
7. Ask the client to open his/her eyes AND release the old image.
8. Break State
9. Ask the client to try to bring up the old image and notice what has changed
10. Ask what becomes possible now

RAIN model –

R - Recognize what is going on in the space, name the emotions and speak the inner narrative.

A – Allow yourself to be with what is present at the moment without judgment.

I – Investigate with what is it you need right now in order to center and balance yourself.

N - Non-Identification (Non-Attachment). You are not your emotions or your circumstances.

Centering A – B – C

of Centering:

A - Awareness to the body and the breathing.

B - Balance yourself by feeling connected to where you are right now.

C - Center yourself by locating your physical center of gravity.

Conscious breathing

1. Look around and notice where you are right now. Notice what you see and hear.
2. Breathe to your lower abdomen as if you are inflating a balloon that is located underneath your belly button.
3. Release your jaw.
4. Take your attention to your breathing.
5. Continue until you feel an inner shift.

The Square Breath Technique:

INHALE: 4 seconds

HOLD: 4 seconds

EXHALE: 4 seconds

HOLD: 4 seconds

4-7-8 Breathing Technique:

INHALE: 4 seconds

HOLD: 7 seconds

EXHALE: 8 seconds

NO FEAR model for coaches:

1. Focus – create a connection with the person you are assisting by using the principles of rapport.

2. Encourage – use simple action instructions to help the person start shifting from a passive state to a more active state.

3. Ask – start asking simple open questions to increase cognitive processing and choice.

* Avoid questions about emotions, as a flood of emotions heightens distress.

4. Render understandable – start reducing confusion and increasing comprehension by helping the person to create a sequence of events.

Use the timeline principle to describe the sequence of events that have occurred. Stick to the facts, avoid metaphors and keep your language clear and simple.