

Health Triangle

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Eating disorders

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by Janey Lee Grace





How often have you visited a therapist and felt safe and secure enough to ask their opinion on something that's troubling you?

As a client, I've often asked therapists questions, or even for their valued opinion, on my relationships, my drinking habits, or my family dilemmas, only to sense hesitation in their response. These moments—though understandable, highlighted a gap. Since training Sober Coaches, I have realised just how beneficial it can be to have a few focused coaching questions to shift the dynamic, empowering the client to gain clarity and take action.

Therapists are skilled at creating safe spaces for reflection, growth, and healing. But what happens when a client seeks help with decision-making, behaviour shifts, or forward planning? For therapists, integrating even basic coaching techniques into their practice can open new dimensions of support and deepen client relationships. This doesn't mean overhauling your whole approach. With just a handful of well-chosen questions or strategies, you can enhance your ability to guide clients toward meaningful change.

Jo Permaul, Director at **Wellness Professionals at Work**, champions the blending of coaching with therapeutic or wellness practices:

"Complementary and alternative therapies can only do so much. Coaching can only do so much. But weaving disciplines together is transformative. It empowers individuals to take agency over their mental, emotional, and physical well-being, creating a ripple effect across families and future generations."



Jo says that Therapists who incorporate coaching into their practice often find it supports deeper insights and helps with connection.

If you're a therapist or practitioner, Try these simple but powerful questions to help clients explore their goals, behaviours, and possibilities:

- **"If nothing were holding you back, what would you do differently?"**

This question encourages clients to envision change without self-imposed limitations, opening doors to possibilities they may not have considered.

- **"What's one small step you could take today toward your goal?"**

Grounding aspirations into actionable steps can empower clients to move forward in tangible, manageable ways.

- **"What's worked for you before in a similar situation?"**

This question helps clients reflect on past successes and consider how they might apply those strategies to their current challenges.

It's so important to remember our job is not to 'fix' our client!

Incorporating coaching techniques into therapy is not about replacing one modality with another—it's about creating synergy. By blending therapeutic expertise with coaching tools, you can guide clients toward meaningful insights and actionable change. For both therapists and clients, the results can be transformative. Wellness Professionals at work offer a **Fast Track Diploma**.

