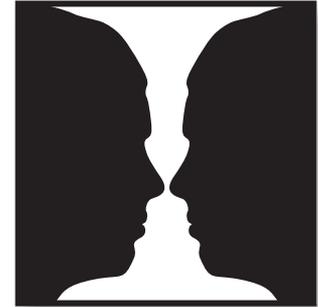


Coaching psykologi

www.coachingpsykologi.org



Preface

By Ole Michael Spaten

It is a pleasure to present for the Danish and International community of practitioner this present Volume 8 of the Danish Journal of Coaching Psychology. The volume contains more articles in English than in Danish as a continuing trend in Danish research papers. We present both new horizons as the emerging field of Eco-Psychology, and on the other hand more classical discussions on the boundaries between psychotherapy, coaching psychology and coaching. We present several articles based on methodological foundations as the Case Study and Action Research continuing the purpose of the Journal and the field of Coaching Psychology: As a scientific discipline, it is among other exemplary by its use of rich excerpts and transcriptions from interventions, interviews or diaries.

In this Volume of the Journal articles on e.g. Hypnosis, Dialectical Questioning or Relationship have a foundation in the field of both psychotherapy and coaching psychology. It is then worth to mention shortly that some of the main differences between psychotherapy, coaching psychology and coaching are the non-clinical/clinical perspective; how the

three disciplines operate on different intervention levels; the educational differences and the scientific research, which underpins them. Some of the similarities between psychotherapy, coaching psychology and coaching is primarily the relationship, which is of great importance whether it be the therapeutic alliance/the therapist-client bond or coach-coachee bond. Another similarity is the goal and task oriented focus, which is to be found to some extent in all three intervention forms. To understand more about the similarities and differences please download an earlier paper in this journal, which expands upon this. Apart from a Happy New Year, we wish the readers to have a good time by downloading the papers and read further into the still expanding field of Coaching Psychology.

When reading the articles questions about the profession or the intervention might be raised and readers are very welcome to address them to the Editor as well as the scholars and writers of the articles. As usual, a full bio and contact information about the scholars can be found in a separate section in this Journal.

Ole Michael Spaten
Editor-in-Chief

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Coaching at Work

Series of Masterclasses 2020

Executive Coaching: A Psychodynamic Approach

Dr Catherine Sandler



Date: Tuesday 25th Feb 2020
Venue: The BPS London Offices
Timings: 10.00am – 5.00pm

MASTERCLASS OUTLINE: As the executive coaching profession matures, interest is growing in models that enable deeper, psychology-based approaches to working with clients. The psychodynamic model emphasises the need to understand the hidden thoughts and feelings that are often the invisible drivers of human behaviour. These insights enable interventions that help the coachee play to their strengths while addressing deep-rooted but unhelpful patterns. Sensitivity, insight and self-awareness on the part of the coach are needed to work in this way but the results are often transformational.

Early bird date
until 16th
Jan 2020

Systemic Coaching – delivering value beyond the individual

Prof Peter Hawkins & Eve Turner



Date: Monday 9th March 2020
Venue: The BPS London Offices
Timings: 10.00am – 5.00pm

MASTERCLASS OUTLINE: This session will first describe how systemic coaching and systemic team coaching is different from other forms of coaching and team development and then present models and approaches which will immediately increase the ripple effect of your coaching work.

We will examine how we can serve wider stakeholders beyond our clients and including the more-than-human-world of the wider ecology in our work. How do we move coaching beyond “delivering very expensive personal development for the already highly privileged” and deliver beneficial impact to all stakeholders including the ecology? Together we will consider: what is our role as coaches and supervisors, what could it be and what should it be?

Early bird date
until 26th
Jan 2020

Mastering Self-Awareness: A Neuroscience Approach

Professor Patricia Riddell



Date: Wednesday 8th Apr 2020
Venue: The BPS London Offices
Timings: 10.00am – 5.00pm

MASTERCLASS OUTLINE: One of the major benefits of coaching is that it provides a space in which individuals can become more self-aware. This often leads to insights and breakthroughs in personal development. However, building and maintaining self-awareness can sometimes feel difficult. What is happening in the brain as we become more self-aware? And, given that this can sometimes feel like hard work, what are the benefits of greater self-awareness?

Anyone who wants to lead, coach, collaborate or generally interact effectively with other human beings would be well advised to start by paying attention to themselves. Why? Because only through becoming more self-aware can we gain the feedback we need to master our own behaviour. Often what is missing is our understanding of ‘How To’ do this.

Early bird date
until 25th
Feb 2020

How to be a Brilliant Leadership Coach

Steve Radcliffe



Date: Monday 8th Jun 2020
Venue: The BPS London Offices
Timings: 10.00am – 5.00pm

MASTERCLASS OUTLINE: For over 25 years, Steve has been helping people make a bigger difference somewhere in their lives. This has included over 50 chief executives and heads of the Civil Service, the National College of School Leadership, the NHS and other government departments and thousands in their organisations. He now wants to pass on anything he’s learned to other coaches and advisors.

Along the way, he has distilled down the very best he’s found about leadership into his simple approach, Future - Engage - Deliver or FED, that The Times describes as “the no-nonsense approach shaking up the world of leadership”. He has summarised this approach in the UK’s top leadership book, *Leadership Plain and Simple*.

Early bird date
until 27th
Apr 2020

VENUE These events are held at various London locations – see above • **FEES (INCL VAT) Subscribers:** Early bird fee (dates vary – see above) £99.00, Standard fee £169.99 **Non-subscribers:** Early bird fee (dates vary – see above) £149.00, Standard fee £199.99 • **BOOKING PROCEDURE** Please fill in an application form on-line at: www.coaching-at-work.com/masterclasses • **CATERING** Tea and coffee is provided throughout the day. Lunch will also be provided. Please advise of any special dietary requirements when booking

**Coaching
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