

THE ARC OF THE ARCH HEALING-COACHING JOURNEY

by Heather Ensworth and Kristina Lea

First Meeting: Beginning the process: Establish trust through active listening and empathic attunement

- Discuss the client's goals

- Get a sense of the client's history and any past trauma — particularly in relation to the goals or issues bringing them to the coaching process

- Assess whether working with this client is a good fit for you with your skills and experience and whether an added collaboration with other professionals will be needed

- Review the goals and focus for your work together in light of what has been shared

- Discuss with the client your format for the coaching process —
Discuss the ARCH model and ways that the client can begin to work with the ARCH medicine wheel

- Discuss the structure of the sessions and whether you are asking for a commitment for a certain number of sessions, timing of sessions, cancellation policy)

- Give an assignment to the client for work between the sessions (for example: give them an assignment for how it might work for them to practice being in alignment - ie. to strengthen the witness - such as meditating or journaling to observe their thoughts and feelings during the day related to the issue being focused on)

Second session: Continue to build safety and trust in the coaching relationship through active listening

- Review the journaling or process with the client between sessions

- Continue to focus on the goal for the work

- Explore what may be blocking their movement towards this goal (eg. problems with self-worth, core beliefs, patterns related to past trauma, relationship problems)

- Discuss ways to address those blocks (bringing more patterns, parts of the self into consciousness)

- Explore with the client what relationships in their life are supportive of their true self vs. unhealthy for them

- Discuss an assignment for the next session (may be a continuation of first assignment or added work such as dialoguing with a part)

Continue in this process:

- Assess the client's progress, attune to areas of resistance, collaborate with the client to see what ways work best for them as they seek to increase their alignment with the witness self and true self and what ways

support them in increasing in consciousness

Support the client in increasing supportive relationships in their life and in developing their own strategies for increasing their connection with their true self (eg. meditation, ceremony, journaling, etc.)

Work with healing past trauma as this arises in the work, remembering the SACRED process for healing:

- S - safety - de-stress and create safety for the healing process
- A - alignment - come into connection with the witness self and into alignment to move into the healing process
- C - consciousness - allow the feelings, memories and parts of the self to come into the light of awareness for healing
- R - releasing - feel the emotions in order to hold them in compassion and allow the healing and then release them
- E - energize - take time to energize shifts in your patterns in order to support the healing process
- D - document - allow yourself to monitor and document your progress to support and integrate the healing shifts

In ongoing work, support the client in seeing their progress and in holding with compassion the blocks and set-backs in the process.

As healing shifts are made, support the client in integrating those changes and in strengthening new patterns in their lives.

Ending the coaching work:

As you move towards termination, review your work with the client. Help them to become centered more fully in their true, authentic self (and in the center of the medicine wheel). Discuss ways that they can continue to build on the work that they have done and continue to integrate the elements of the ARCH medicine wheel. Allow them to schedule a follow up session or resume the coaching as needed.