



International Association of Trauma Recovery Coaching

Executive Director: Bobbi L. Parish, MA, CTTRC-S

Deputy Executive Director: Sarah Parish, CTTRC-A

## GUIDING PRINCIPLES OF TRAUMA RECOVERY COACHING

While there are many possible topics and strategies to include in a coaching practice, Certified Trauma Recovery Coaches focuses on the following guiding principles. These principles are the foundation of an effective and competent coaching practice.

### Principles concerning our work with clients:

- Coaches utilize collaborative, mutual, intradevelopmental relationships in every aspect of their work with clients.
- Coaches do not operate on a traditional medical model, where symptoms and labels are pathologized and stigmatizing. They do not see their clients as broken or in need of fixing. They approach their client as an individual who is having a normal reaction to an abnormal experience.
- Coaches believe that their client has the capacity to direct their own recovery when provided with the necessary support and encouragement.
- Coaches focus on helping a client build up their strengths, healthy beliefs, and positive coping strategies rather than extinguishing “negative” behaviors and beliefs.
- Coaches provide education about trauma to their clients to help them understand and normalize their experiences.
- Coaches recognize that trauma causes individuals to disconnect from themselves, the world and other human beings. They help their client find safe ways to reconnect.
- Coaches help their clients see the system of beliefs that their trauma and/or abusers groomed them to adopt as their own. They help their client to learn the truth about themselves, relationships and the world.

- Coaches model healthy behaviors and beliefs with their clients. Coaches place great emphasis on modeling healthy relationship skills so that clients learn how to relate to others and themselves.
- Coaches support their client's setting their own recovery goals and the path they set to reach those goals. There are no treatment plans or coach set goals in Trauma Recovery Coaching.

Principles concerning coaching practices and development:

- Coaches advocate for survivors of trauma in the world at large.
- Coaches never stop working on their own recovery and seek professional help when necessary.
- Coaches acknowledge areas of growth in their coaching skills and seek training, information and supervision to build their strengths in those areas.
- Coaches give back to the survivor community by periodically providing services affordable to those without many financial resources so that high quality coaching services are available to the entire survivor community.