

Community Education Series

The Recovery Village and Advanced Recovery Systems





Presentation Topic:

Coaching For Change: 7 Ways Trauma-Informed Coaching Can Improve Your Client's Outcomes

Speaker:

Calvalyn Day, MsEd, CCFP



About the Speaker:

Calvalyn Day,

MsEd, CCFP



- Calvalyn Day achieved a master's degree in educational counseling from Indiana University, and has practiced as a school counselor in elementary, middle and high schools in Indiana. She has a unique set of skills which empower her clients to achieve success and life mastery. These skills have led to Calvalyn being a sought-after speaker, trainer and consultant with multimillion-dollar mission driven organizations. Calvalyn is a nationally published author and trainer. She has used her unique blend of personal and professional experiences to author several books including, Authentically Engaged Families: A Collaborative Care Framework and the foundation for her work, Drag 'Em Kicking and Screaming: Your 7 Step Action Plan to At-Risk Student Success. She has taught at the graduate level and has presented at local, regional and national professional learning experiences for in service educators and youth care workers.

Goals for Today

- Explore the trauma-informed coaching mindset and how it can be used in treatment
- 3 benefits of coaching in your therapeutic work
- Coaching exercises that may benefit your clients

**What do
you think
about coaching?**



Coaching is NOT...

- Therapy
- New age mumbo-jumbo
- About giving clients all the answers
- Only for celebrities, athletes, and super-wealthy people

Coaching IS

- A method of personal interaction designed to create heightened self-awareness
- Client centered, future-focused and action driven
- A profession with self-imposed regulations and ethical standards

Trauma

- Is a deeply distressing or disturbing experience
- Can be acute, chronic or complex
- Can include sudden or violent deaths, assaults, accidents, war, medical conditions, racism and more

Trauma-Informed Coaching Mindset

Coaching assumes
the client is the
expert

Coaching meets
the client where
they are

Coaching does
NOT require we
know or hear the
story

Coaching honors
personal values
and beliefs

Coaches integrates
with therapeutic
intervention

Coaching creates
hope for post-
traumatic
growth(PTG)

Coaching supports
self-actualization
and personal
autonomy

Challenges in Treating Trauma

The impact of trauma on the brain and body create complex needs for intervention

Trauma may be ongoing making focusing on singular events less effective

Potentially maladaptive behaviors may be integrated in personality and cultural identities

Benefits of Trauma-Informed Coaching

Increases self-awareness and utilizes neuroplasticity to decrease emotional suffering

Increases emotional intelligence to improve relationships and interpersonal interactions

Increases likelihood of more values driven actions through behavioral activation



**Do You Have Any
Clients Who Could
Benefit from These
Outcomes?**



Coaching in Clinical Practice



1. Use the Coaching Mindset

- Hold space
 - Silence is key
- NO judgment
 - What is said is true; perception is key
- BE open, Available and Curious
 - Remaining in the present
- Exploration with support
 - The present and the possibilities



Questions For the Coaching Mindset

- What does this feel like in your body?
- What would the opposite of this feel like?
- What would you need to do or stop doing in order to feel that way?
- What is a key takeaway from today?
- What barriers could get in the way?
- What would ____ look like?

Perceptual Shift

- 1st Position
 - Self
 - Every detail of your personal experience
- 2nd Position
 - Another person in the interaction
 - Not your belief of that person, but their perception
- 3rd Position
 - Observer
 - 'Fly on the wall'
- 4th Position
 - Us or we
 - Community and/or culture

2. Utilize Brain and Body Tools

Increasing the client's awareness of potential emotional evoking related to trauma experiences

Provide support for brain body integration

Calming the stress response previously created; increases self-regulation

Educating

VAKOG

• Visual, auditory, kinesthetic, olfactory, gustatory



Journaling

- ACTR
 - Arrive, Choose, Time, Reflect
- Provides clarity
- Reduces stress
- Helps with problem solving

Journaling Prompts

What are you grateful for right now?

What relationships are currently bringing you value?

What decision are you trying to make?

What choice aligns most with your core values?

Imagine you have made this decision - how will your life be different?

What aspect of your well-being needs your attention right now?

When do you feel most replenished or relaxed?

What do you need to do or stop doing to feel more relaxed or replenished?

How much time have you spent thinking about the past lately?

Right now, what is one thing that would make you smile (something you might hear, taste, smell, see or touch)?

3. Prepare for Post Traumatic Growth

- The positive change that can be experienced after surviving a traumatic event
- Not resilience
- Focusing on the transformative impact of coping



Post Traumatic Growth

- Personal Strength
 - Release shame, increase self-confidence and reliance
- Closer relationships
 - Open to interpersonal connections, with appropriate boundaries
- Greater appreciation for life
 - Values-driven choices, gratitude, and mindfulness
- New possibilities
 - Willingness to explore new ways of living and being
- Spiritual development
 - Deeper awareness of connection beyond self

A woman with voluminous curly hair, wearing a light grey blazer over a blue top, is smiling and gesturing with her right hand while holding a pen. She is engaged in a conversation with another woman whose back is to the camera. The background is a bright, out-of-focus indoor space with a large window and a green plant.

**Which of these
tools will be
helpful for your
clients?**

Contact Information

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Questions?



THANK YOU

