

What Makes Therapy or Coaching Successful?

NeuroCoach M. Waldman.

There are over 500 schools healing and personal development, but did you know that most of them are ineffective when it comes to solving problems or changing behavior? That's shocking, and when I discovered this fact, I began a decade of research to help identify the most useful ones. Here's what I found:

1. "Problem focused" and "action oriented" SHORT TERM interventions are most effective for interrupting negative patterns of thinking and behavior. When you do so, your income will go up! In fact, studies show that few people benefit from more than 10 sessions. Even more surprising, understanding your past does NOT promote healing and problem-solving! In other words, it's essential to look at IMMEDIATE SITUATIONS to change behavior and thoughts. Are we wasting our time and money with traditional coaching and therapy? For many clients, yes.

2. The #1 criterion for success is the client's ability to SELF-INITIATE change and promote self-healing. But most clients enter counseling feeling helpless. Most professionals don't address this, and when advice is given it strengthens the client's sense of helplessness. Our brain-scan research shows that a client can be easily taught to use their intuitive creativity to find insights and solutions to most problems and this builds confidence and autonomy in the client.

3. The #2 criterion is MUTUAL EMPATHETIC ATTUNEMENT. Many professionals have a natural ability to resonate to the client's situation, but there are only a handful of coaches and therapists who teach their clients how to respond to others with compassion and sensitivity. It's easy to learn if you understand the neuroscience of communication.

4. The #3 criterion, based on thousands of psychological studies, involves the integration of MINDFULNESS directly into the coaching/therapy session. Unfortunately, this is usually done in group sessions where the client goes home to practice. In the therapy research I've conducted over the past 25 years, we have discovered a number of brief mindfulness practices that can be done during one-on-one sessions. The insights that emerge in a single session are profound, the client immediately can apply the strategies to their work and personal relationships, and thus most issues can be resolved in 1-3 sessions.

5. If both the coach and client remain in a state of "Relaxed Mindful Awareness" as they dialog with each other, creative solutions emerge that is not possible when a professional uses a traditional set of strategies, as most coaches do. So, the 4th criterion is CREATIVE SPONTANEITY. Each interaction needs to be unique...that's what the research has found!

6. The most effective client/student/coach/teacher relationships share a common dimension: Each interaction is unique. In other words.

REMEMBER: it is YOUR self-initiative, YOUR willingness to proactively engage, and YOUR ability to grow and self-heal from any setback that makes the difference between failure and success.

-----Source-----