



INTROSPECTIVE COACHING

- Mike Malone

WHAT IS INTROSPECTIVE COACHING?

- Definitions
- **Introspection** – the observation or examination or observation of one's own mental and emotional state, mental processes, etc.; the act of looking within oneself (*from dictionary.com*)
- **Recovery Coaching** – we know what that is (aka peer support)
- **Introspective Coaching** – the practice of looking within oneself while delivering peer recovery support/recovery coaching services

COULD ALSO THINK OF IT AS ...

Mindfulness Coaching (or PS)

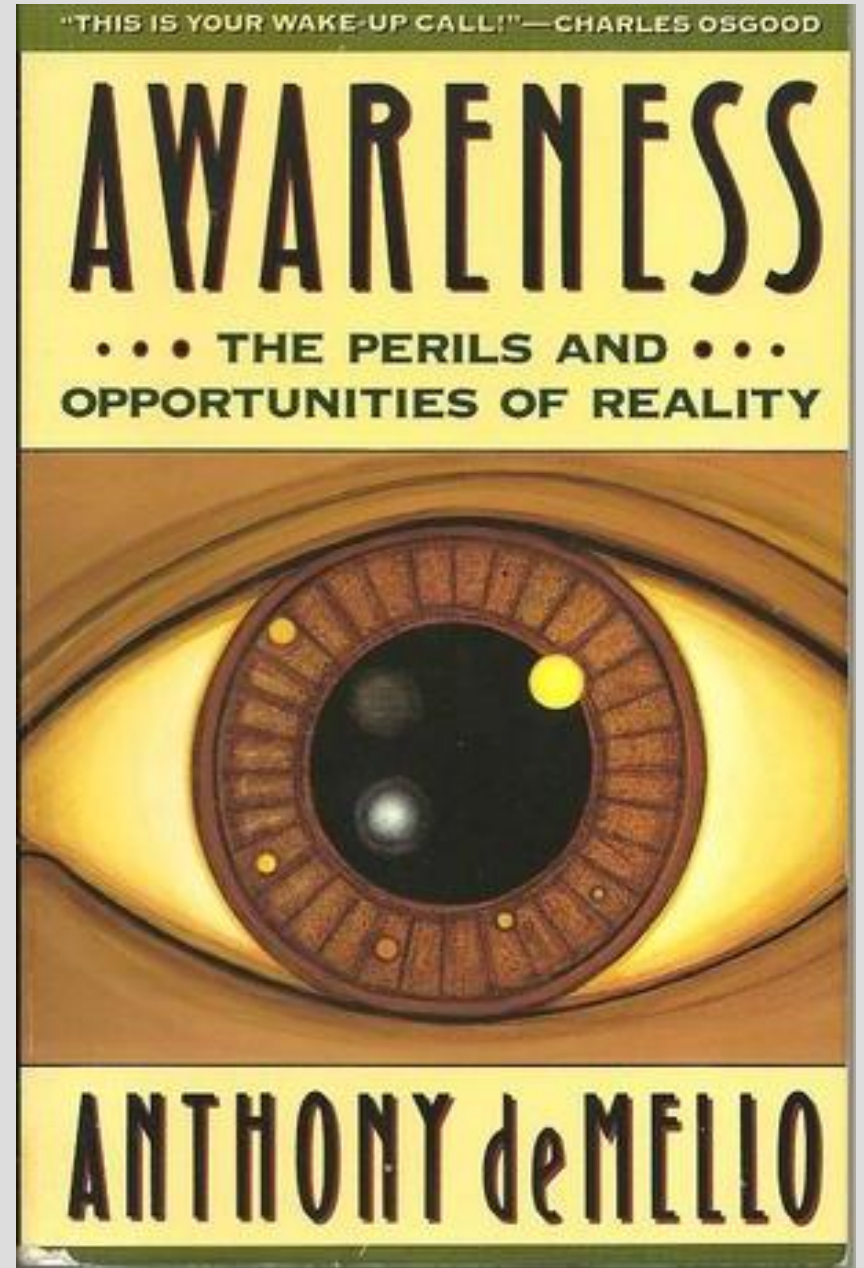
Awareness Coaching (or PS)

Self-Observation Coaching (or PS)

AWARENESS
EXAMPLE

“It’s frightfully important that I’m listening to me while I’m listening to you.”

- Anthony De Mello



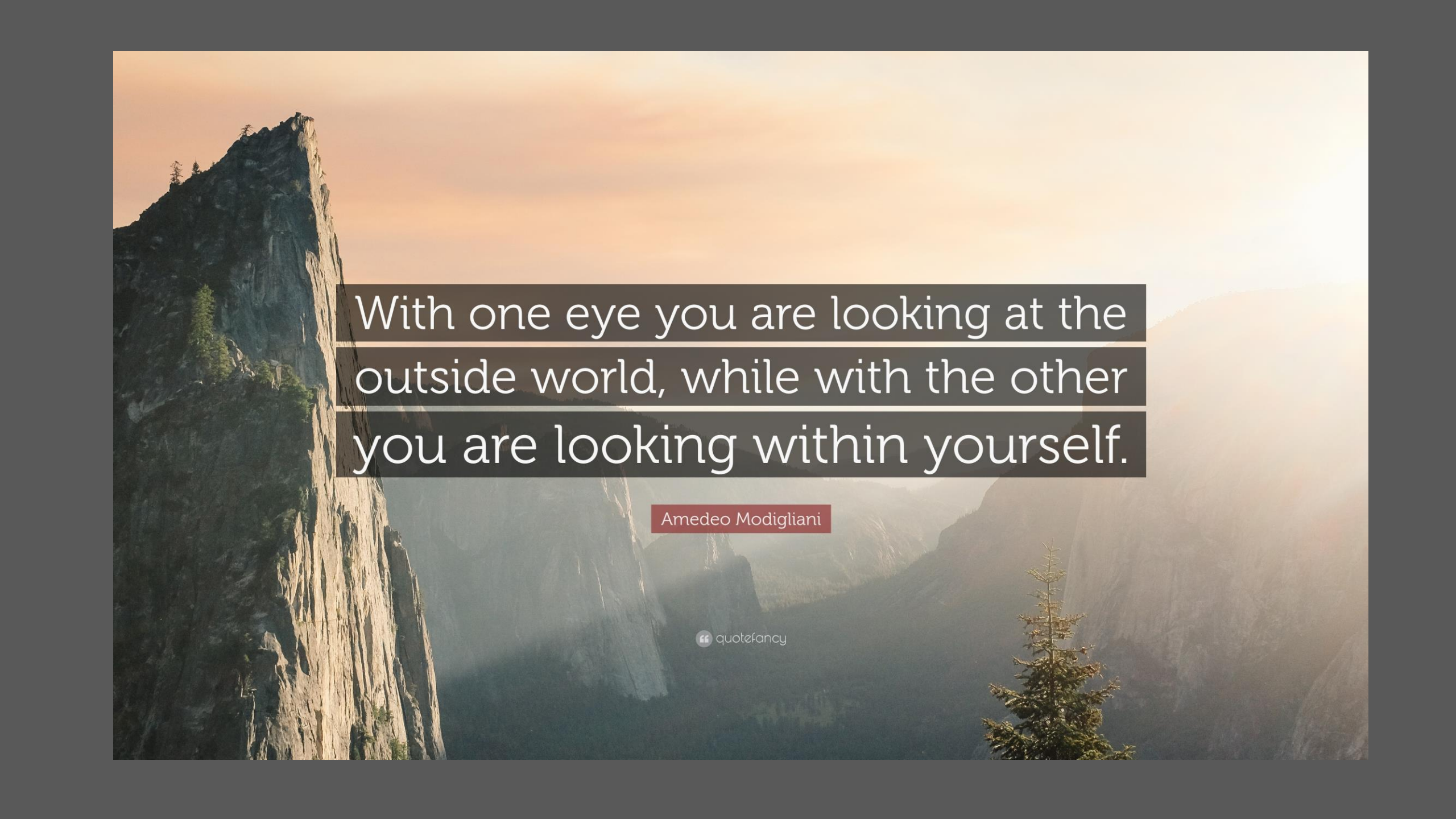
A **BOTH/AND** PERSPECTIVE THAT'S USEFUL:
(**BOTH**) GETTING OUT OF OURSELVES
(**AND**) GOING WITHIN OURSELVES

GET OUT OF OURSELVES, THINK
OF THEM ... AND BE OF SERVICE

- Actively Listen (to them)
- Being aware of their thoughts & feelings
- Assessing their recovery capital
- Teaching people, places and things
- Building their Self-efficacy
- In short, sensing and tending to them

GO WITHIN OURSELVES, THINK
OF US ... AND BE OF SERVICE

- Actively Listen (to ourselves)
- Be aware of our thoughts & feelings
- Honestly assessing our recovery capital
- Are we a people, place and thing that may be a problem?
- Do we believe in them? Pay attention to our biases (we all have them).
- In short, sensing and tending to ourselves (too) throughout our PSS practice

A scenic view of a mountain peak at sunset or sunrise, with a quote overlaid on a dark banner. The background shows a rugged mountain range with a prominent peak on the left and a valley below. The sky is a mix of orange, yellow, and blue, suggesting the time is either dawn or dusk. A single evergreen tree is visible in the lower right foreground.

With one eye you are looking at the
outside world, while with the other
you are looking within yourself.

Amedeo Modigliani

“ quotezfancy

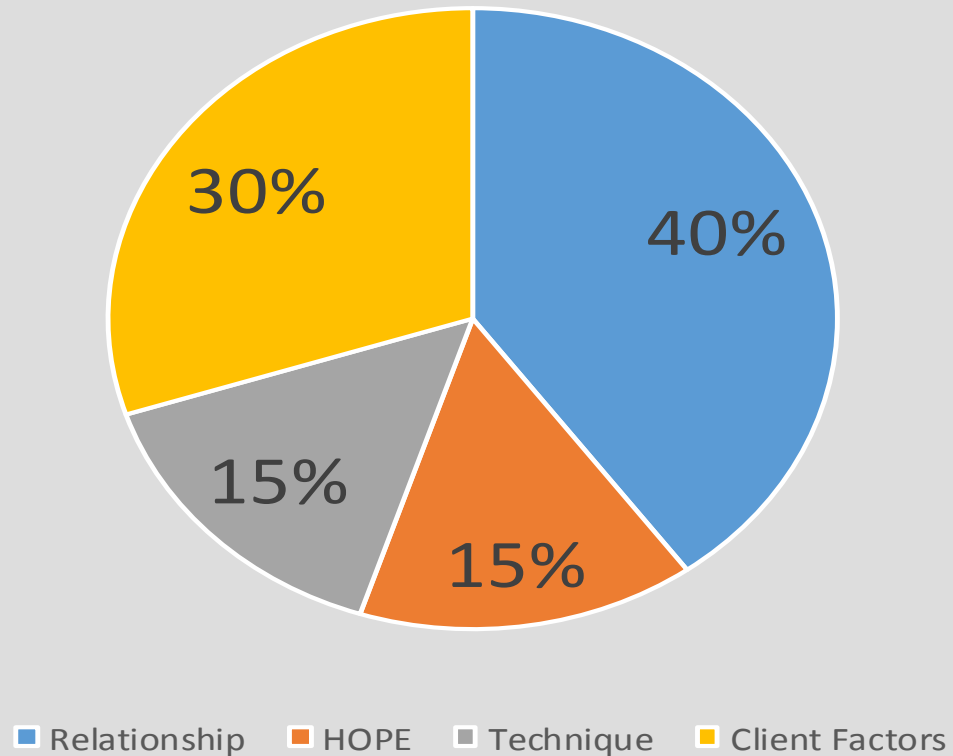
WHY INTROSPECTIVE COACHING?

- The Therapeutic Relationship Matters
- It Makes Sense
- Benefits Us and Them
- Helps us Grow (professionally & personally)



GUIDING PRINCIPLES ... WHAT WORKS IN A HELPING RELATIONSHIP?

what works in therapy, coaching, counseling etc...



40% OF WHAT WORKS HINGES ON OUR INTROSPECTIVE AWARENESS – THE RELATIONSHIP!

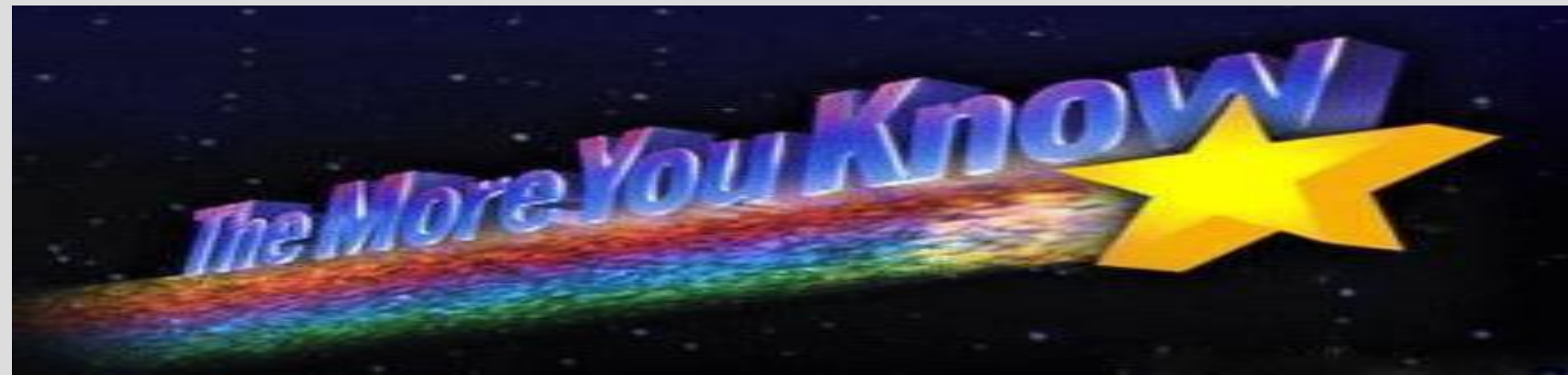
WHAT WE DON'T KNOW PLAGUES THE RELATIONSHIP

- Biases – dislike, distrust, prejudice, feeling too responsible, singular pathways
- Doubting them – uninspired self-efficacy
- Our personal distractions – poor self-care
- Countertransference

vs.

WHAT WE ARE AWARE OF CAN BE TEMPERED

- Biases
- Them doubt
- HALT
- Consciously in the moment, instead of unconsciously elsewhere



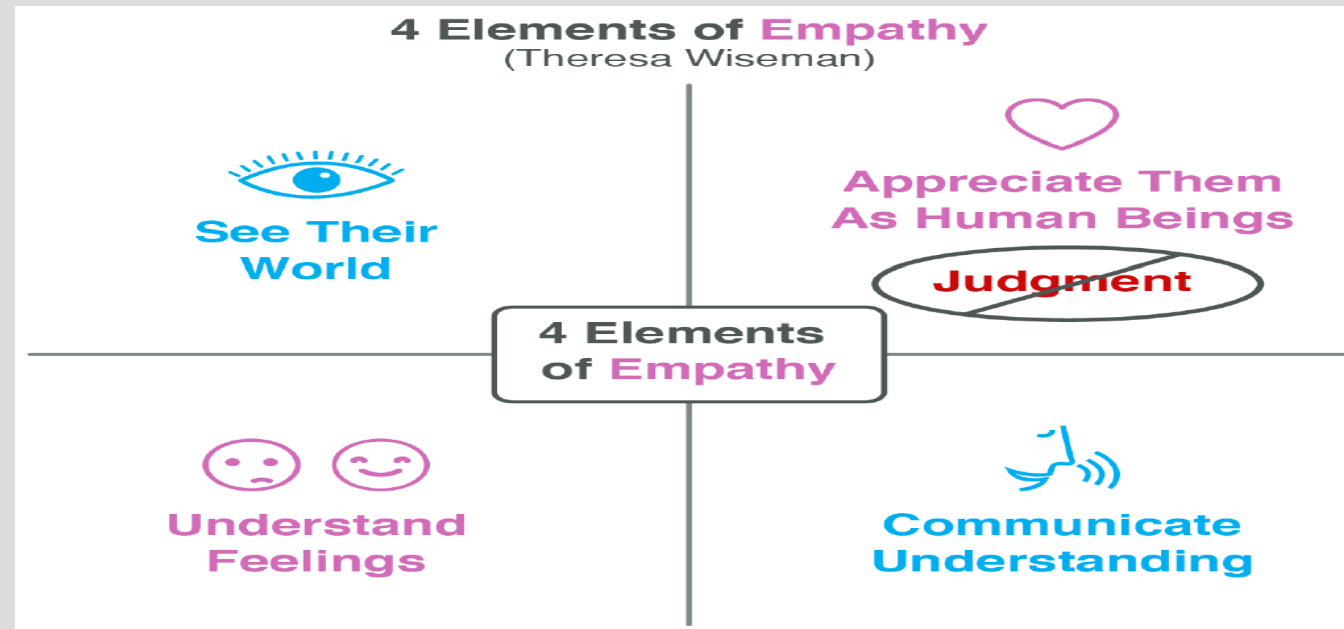
STAYING OUT OF JUDGEMENT DRIVES CONNECTION

EXAMPLES OF MY OWN BIASES

- People in recovery with no job &/or not going to school – excessive entitlement
- Recovering people who lean on the disease concept or their past too strongly – victimization & learned helplessness
- Allopathic Medicine, especially Psychiatry – overly prescribed participants
- Overly religious (Bible quoter example)

WHAT ARE YOURS?

- Caring Too Much – the Fixer, the Rescuer
- Socioeconomic status – not just poor, they're wealthy?
- Race, ethnicity, age, gender, religion or no religion
- Repeat returns to use (recurrencers?)
- Pathway or not pathway of recovery ... when they say: "I don't like AA"



beware **tribal recovery pitfalls** ... brokering multiple pathways is tough when we judge them finding their pathway

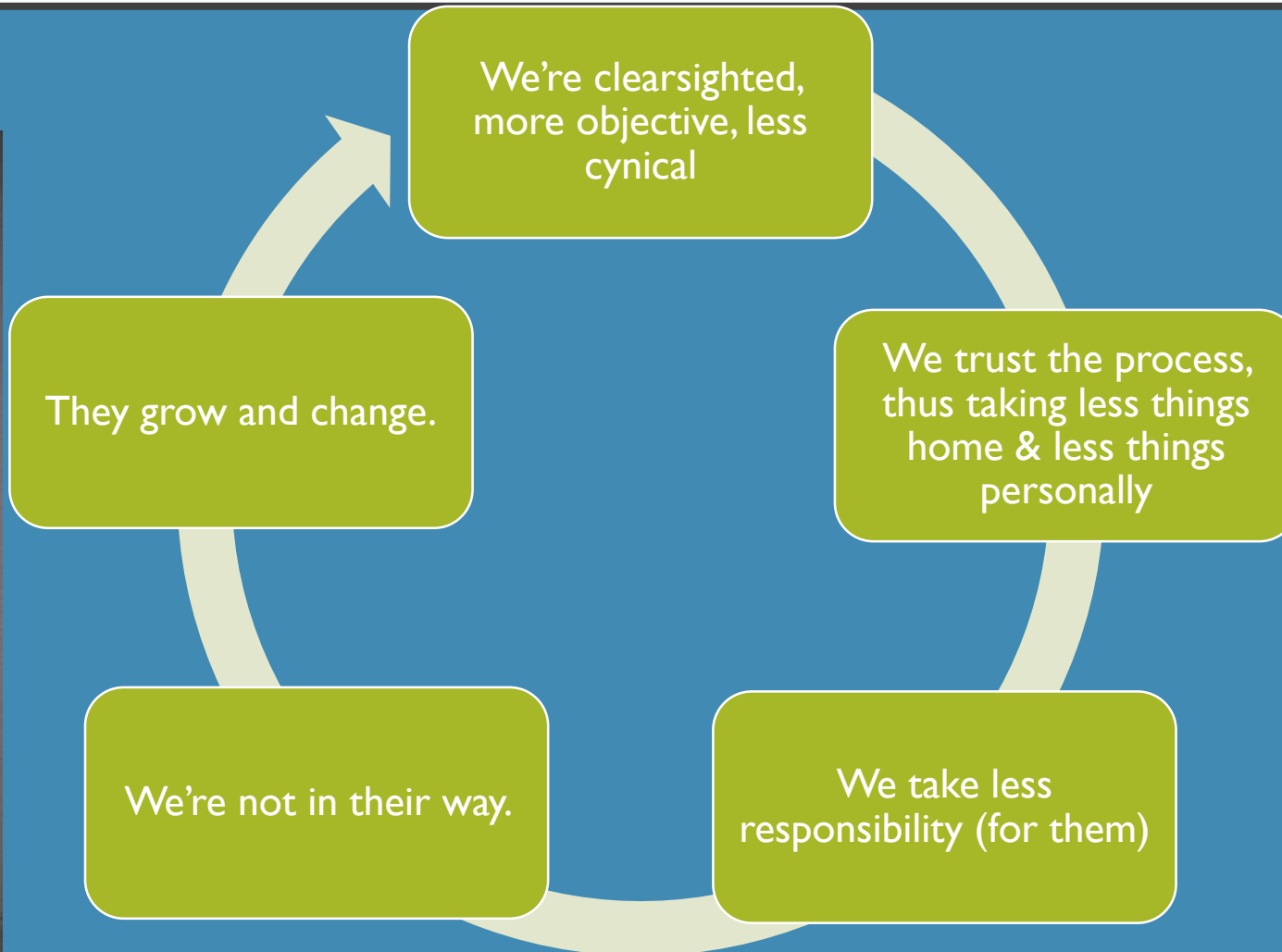
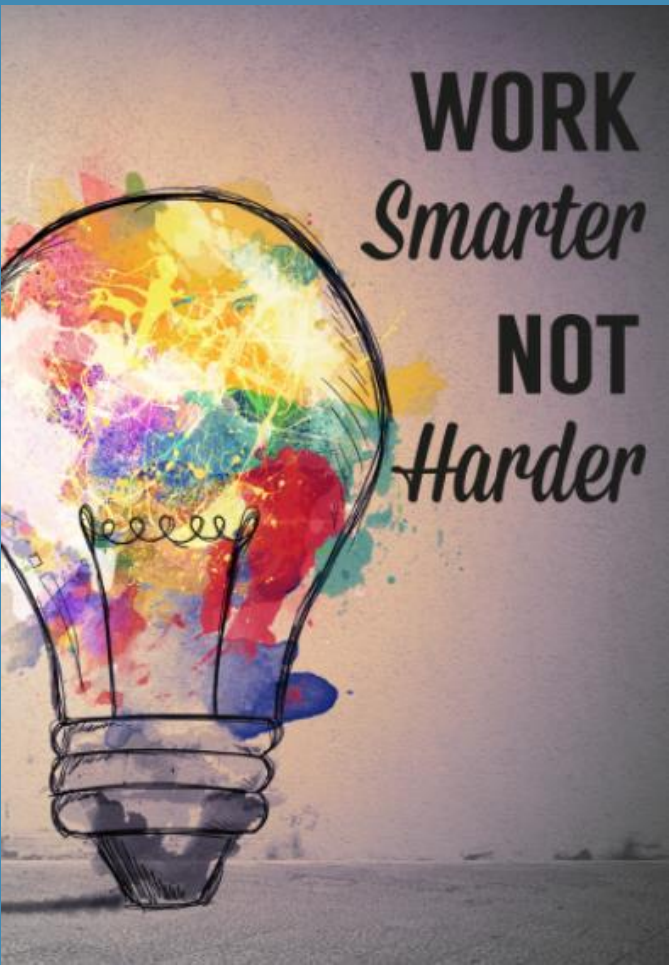
(MANY) RECOVERY PATHWAYS INVOLVE
AN INTROSPECTIVE APPROACH.
*WE PRACTICE OUR PRINCIPLES IN ALL OUR
AFFAIRS.*

- * **12-Step Recovery** – the inventory process, meditation
- * **SMART Recovery** – CBT
- * **Refuge Recovery** – the inventory process, mindfulness and meditation
- * **Individual Therapy** – e.g. Trauma Therapy, EMDR, CBT – all introspective in nature



INTROSPECTION BENEFITS US AND THEM

- SYMBIOTIC CYCLES -



HOW DO WE PRACTICE INTROSPECTIVE COACHING?

- *****Disclaimer: I'm no expert on you & teaching awareness is difficult**
- There are frameworks and practices, however
- Practice our principles of recovery in all our affairs:
 - 1) 12-step inventories, meditation
 - 2) Recovery Dharma's mindfulness & mediation
 - 3) SMART Recovery's CBT (*see example to right*)



REMEMBER R-A-I-N -APPLICABLE FOR ANY OF US-

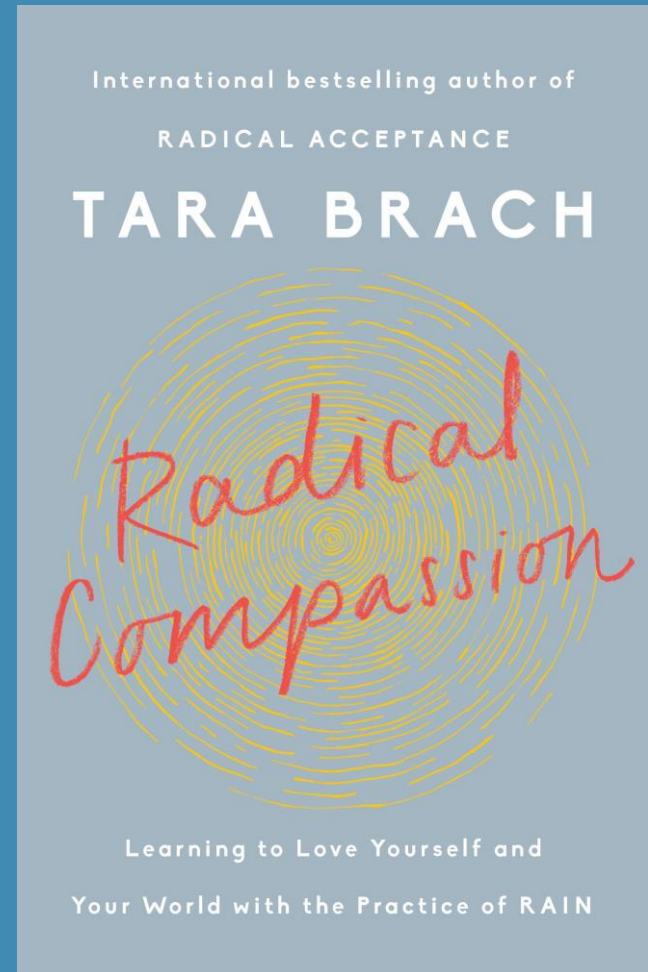


R
Recognize what's going on

A
Allow the experience to be there, just as it is

I
Investigate with kindness

N
Natural awareness, which comes from not identifying with the experience

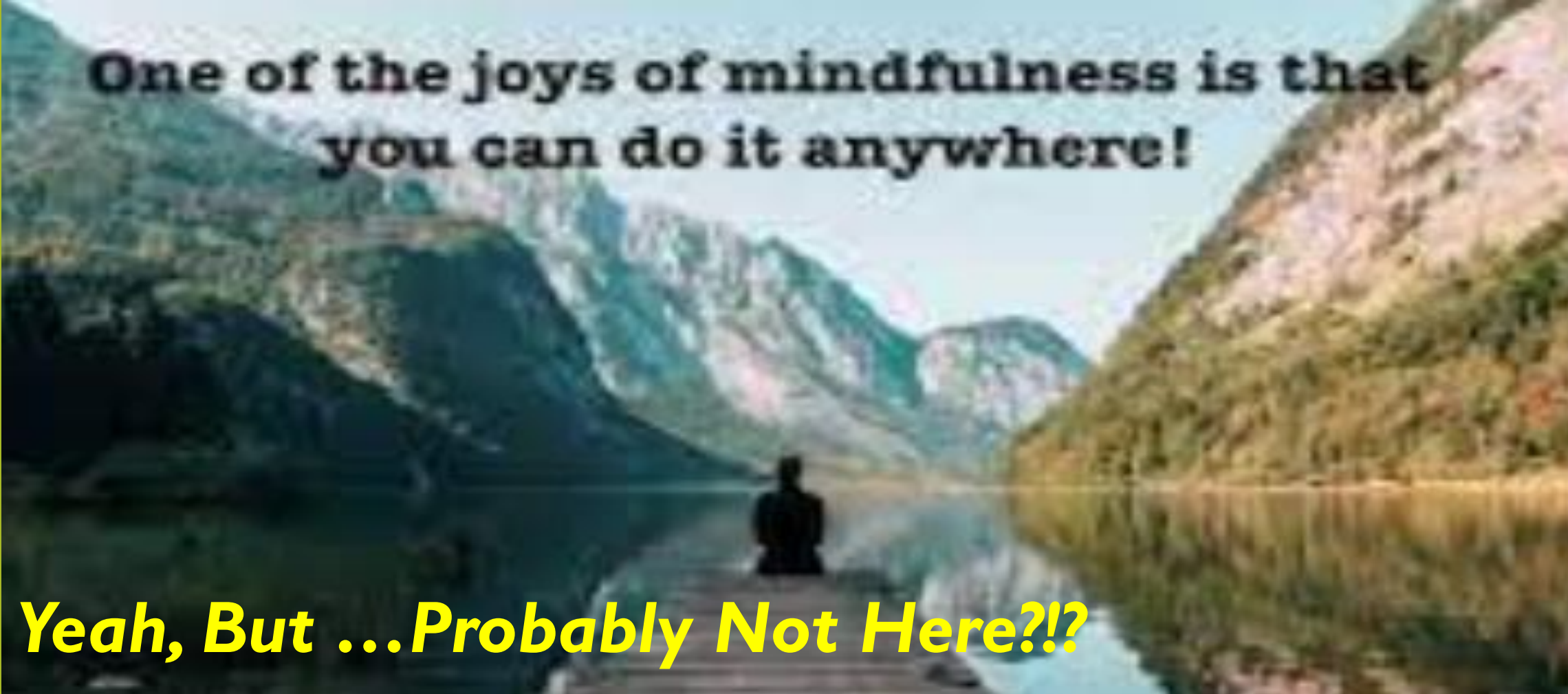


***Reminder: Self-Compassion is key to an honest and vulnerable introspective PSS practice. We are human, after all. There's no perfection in peer support or introspective coaching.**



WHERE DO WE PRACTICE INTROSPECTIVE COACHING?

**One of the joys of mindfulness is that
you can do it anywhere!**

A person is seen from behind, sitting in a meditative posture on a wooden bridge or path that spans a narrow river. The surrounding landscape is a lush, mountainous valley with green hillsides and a clear sky. The scene is peaceful and scenic, typical of a natural setting often used for mindfulness exercises.

Yeah, But ...Probably Not Here?!?

**Realistic
Locales ...
More like Here!**



In Hospitals



Running Support Groups



**One on One
Zoom Sessions**

Reducing the Stigma Around Mindfulness ...

There is often a misperception around Mindfulness & Introspection. It often conjures images of meditation or yoga. So yes it's that, but the intention here is to ensure there's no special set or setting is necessary.

Introspective coaching is portable, accessible, and practicable anywhere and anytime that you are delivering Peer Support.



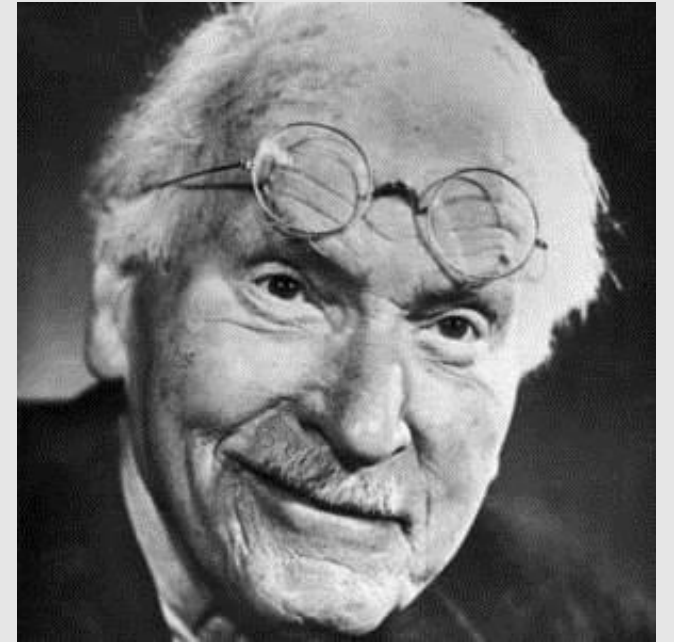
WHAT IT LOOKS LIKE

A Final Thought from our colleague CJ ...



Carl Jung's letter to Clergy (years ago)

- *People forget that even doctors have moral scruples and that certain patient's confessions are hard even for a doctor to swallow. Yet the patient does not feel himself accepted unless the very worst of him is accepted too. No one can bring this about by mere words. It comes only through reflection and through the doctor's attitude towards himself and his own dark side. If the doctor wants to guide another or even accompany him a step of the way, he must feel with that person's psyche. He never feels it when he passes judgment. Whether he puts his judgments into words or keeps them to himself, makes not the slightest difference. To take the opposite position and to agree with the patient offhand is also of no use but estranges him as much as condemnation. Feeling comes only through unprejudiced objectivity.*



BOOM
SHAKALAKA

The image features the text "BOOM SHAKALAKA" in a bold, stylized font. The letters are filled with a gradient from purple to blue and have a thick white outline and a black drop shadow. The text is centered on a black background decorated with yellow starburst and spark effects. A white border frames the entire composition.



1.0 CEU is awarded for this activity approved and accepted by NAADAC

**2nd and 4th Tuesday each month
12:00 – 1:00 pm**

Pathways to Recovery

04/27/2021	Multiple Pathways to Recovery (Traditional and Alternative)	Michael Crouch, CPSS, NCPRSS
05/11/2021	Mindfulness Relapse Prevention	Kathryn Bottonari, PhD

Visit Our Website

<https://medicine.musc.edu/departments/psychiatry/divisions-and-programs/programs/echo>

