

DEEP COACHING

Emerged to integrate theoretical frameworks of psychiatry, Western psychology and coaching. Through comprehensive paradigms derived from the ideas of Ken Wilber. This guidance is taken from the novel concepts of the discipline of coaching and comprehensive paradigm of Ken Wilber. From other theories as well as Eastern and Western spiritual and based on the human capacity for self-transformation.

In Latin America we highlight Fernando Flores, Rafael Echeverria, Julio and Fred Kofman Olaya These practices were taken as a form of formal discipline from the postulates of Rafael Echeverria, in "Ontology language and the foundation" Newfield ", training center, with theoretical training - practical, an important methodology.

The context in which coaching is born, is the end of the twentieth century in America. and hand in training on "Human Resources". Peter Senge, in his book "The Fifth Discipline in practice" and includes works of other international major (Erikson. Piaget, Maslow, Rogers, Gallwey, Loevinger, Torbet, etc.).

Deep Coaching:

Although today is the day we are not yet able to develop a holistic view of consciousness, we can glimpse that is not enough for anything less (Ken Wilber).

Marcos deep Coaching Theory: Derived from psychiatry, psychology West. Integral Coaching Paradigm Ideas (Ken Wilber).

Marco histórico - geographical coaching. Birth of the late twentieth century practice in the United States. Ideas as Philip Mirvis, historian, quoted by Peter Senge. Libro "The Fifth Discipline in practice." Includes works of other authors Jean Piaget personalities K. Lewin. Abraham Maslow and William Milton Erikson Torbet Tim Galwey. From spiritual concepts of East and West, for human self-transformation. In Latin America, Fernando Flores. Rafael Echeverria, Julio Olaya. Fred Kofman formal discipline from postulates Rafael Echeverria (Ontology Language) The foundation of theoretical and practical training Nedfield and strong methodological training.

The cultural context of coaching:

Independent differentiation between art and science to religion. Differences between objective and subjective truths and ethics. That is: "Science" as objective truth. Art world, as true as truth subjective ethical religion.

Between contexts:

In humanity installed a climate of alienation, fear, anxiety existential doubt most brilliant men realized the limits and ways of seeing the world. Progress, "objective" if dissociated "subjective" could be worse, the world is "dark" Middle Ages. Rise of Postmodernism, constructivism, The New Age.y coaching.

Postmodernism. Three major paradigms:

Introduced. 1) The reality very significantly, is an interpretation and construction (constructivism). The meanings we rely on contexts in texts are extensive. (Contextual) Cognition does not favor any particular vision. (Multiperspectivismo) ie the reality we see is not a description but a construction (Constructivism). These depend on the beliefs of the observer and the context in which it operates (contextual). Thus, it is possible to consider any way of seeing the world superior to another (Multiperspectivismo).

Premises of coaching:

From the three premises. Conversational technology was invented. Rafael Echeverria, a pioneer in the discipline has been defined as "Ontology Language" Coaching is one of the values added to the traditional sciences of human behavior. Using a model, and techniques that derive helps overcome some to give answers to human dilemmas. Significant leap from modern to postmodern worldview

Ken Wilber's ideas:

From Ken Wilber's philosophy and methodology of generalized integration, managed to get a model that articulated different truths of human knowledge. Models consisting of two pillars 1) Levels of consciousness 2) The four quadrants.

Levels of consciousness:

Wilber says that every human being at birth, began an evolutionary path. On the subject, body, mind, soul and spirit, the "vacuum" evolutionary path that consists of the construction of series of "I" give an "Experience of Identity" which operate in the world Question Who are you referring to? The person shall answer according to their level of

consciousness of "I" The ultimate identity is that we are pure consciousness, something like a silent witness, beyond your body, mind, soul and spirit, still exists. Human beings have certain requirements to continue to exist and resources to meet them.

If all goes well:

The man reaches levels of consciousness in which is their "I" (core identity, the I) So will more sophisticated building structures with more complex experiences.

Example of the baby:

In his early experience Ability to experience sensations. Emotions and impulses. Mental images and desires. Already conceived child language and abstract concepts concrete. Complex reasoning. Finally, thoughts, feelings systemic "total." It culminates in mystical experiences.

Wilber model: The path of growth and maturation:

It develops in three stages. Pre-rational stage (called pre-egoic prepersonal) Sound Stage (called ego or personal) transrational stage (called trans-egoic or transpersonal) At each turn there are three levels of consciousness

Levels of consciousness:

From the evolutionary path, which makes the travel process consciousness: From the evolutionary path, which makes the travel process consciousness. Share the description given by David Gonzalez Raga. Translator of the works of Wilber. Ken Wilber in Congress (Madrid, 2004) reads:

Deep integration of coaching:

From the Psychiatry are provided conceptual tools in levels, molecular, biological, physical, chemical, which will affect the levels of sensorimotor and emotional awareness. The non-psychoanalytic psychotherapies, have observed about psychic functioning and behavioral elements useful to appreciate rational levels of consciousness. By word and its meanings Psychoanalysis provided by the methodology of "making the unconscious conscious," including emotional and rational levels. The value added by the coaching (and its methodology maieutics) Used to help people or customers in the pre-rational level transrational. As a product of postmodernism illusion of objective reality gives the client re - create your life in a new way of speaking, beyond belief, driven to existential paradox, beyond reason.

Deep Coaching - Comprehensive Approach "Being":

From six levels of existence and level of diagnosis of identity in which the client is and practice accordingly. Differential diagnosis between magical thinking (regressions) and the (mystical experiences.) Relationship Stress can identify sources of stress with resources that need to be balanced at each level of consciousness. With the coaching methodology existential focus is achieved .. Help the client to build a world where stress becomes a source of energy, improve the quality of life and health. Coaching deep, has the capacity to assist in meditative practices according to mystical experiences, either spontaneously or because he has initiated some spiritual work.

Deep coaching methodology:

Conversation begins with identifying the client effectively. Through questions, the coach helps the client to define where it is today on an issue, they asked where you want to be.? From the 2 points (where I am / where I want to be) generates a gap. You agree, if your desire ... This part is proposed technology for traditional coaching.

What about medicine and psychology? How integrated?:

Consultation of people with symptoms of stress. From Psychiatry, conventional scanning and dysfunction with specialized treatment. From psychotherapy, for the psychological elements (defensive overused), triggered in symptomatological pictures. Boarding school of psychotherapy through effective level of consciousness that originates in the box.

And how goes the estrevista?:

With customers flexibility with normal personalities, through coaching, focuses on questioning certain beliefs of victims, who all have, in order to bring to consciousness, the beliefs of the protagonist. Customer awareness victims are people who see errors, problems, hope to change the outside, another person or the circumstances that played: Since customers protagonists, the situation is perceived as a challenge be overcome if you make any learning.:

Example: A person who is in a position of victim, see stress as a fault in the world or in it .. He says, "would make more money if less stress ..." Or, "If a professional treatment guide me, I cure the problem"

From PROTAGONIST consciousness perceives the world situation as biochemical condition and mental health staff, as challenging conditions, we propose to do anything beyond that is cured or remain the same. One might ask why you are a problem for symptoms of stress. In a sequence of questions is to install the gap between current and

desired situation of the client. Intends to initiate a process of expansion of consciousness that allows moving from the position of victim to another player

Awareness of Victim:

Forget what I was chasing (eg, enjoy their children), focuses on the problem. "Until I can not cure me of my children enjoy" The person directs all its energies to eliminate the problem situation, rather than pursuing what matters.

Awareness star:


Awareness protagonist. The person making the situation has been presented as a challenge to get to achieve what you want. Keep in focus that is what matters. (Eg in this case the children enjoy) trying to overcome their symptoms of stress The person realizes his existential level. He realizes that it is difficult to enjoy their children. Discover who once had no stress, did not enjoy their children would have liked. It takes the existential stance, and can access expertise "to thank her stress" to help raise awareness of reality that was not enjoying her children.

Mystical Awakening:

Diagnosis of the mystical awakening. Cases are accompanied by panic or depression episode of existential, it offers the person a meditative practice and / or transpersonal professional.

Source: Anonymous. Adaptation: Victoria Andrea Muñoz Serra.

REFERENCE OF THIS TEXT

 *Deep Coaching*, Muñoz Serra, Victoria Andrea, website: Victoria Andrea Muñoz Serra (http://www.victoria-andrea-munoz-serra.com/coaching_integral_ingles.html), Concepción, Chile, March 2012.