



Healing is Relational

*Creating Collaboration Between
Doctors & Coaches*

Regina Gee, IHWC, BA, BS

Wellspring Coaching



Ruh -



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** (Also lots of business coaching and learning about entrepreneurship)*

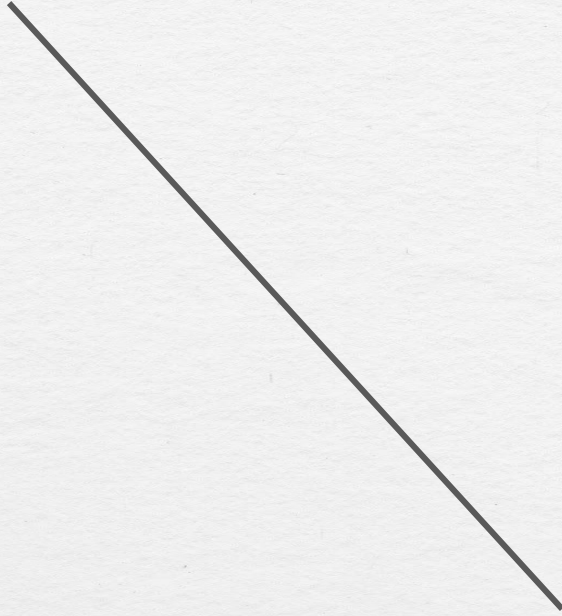
Calling ourselves professional
healers is a misnomer.



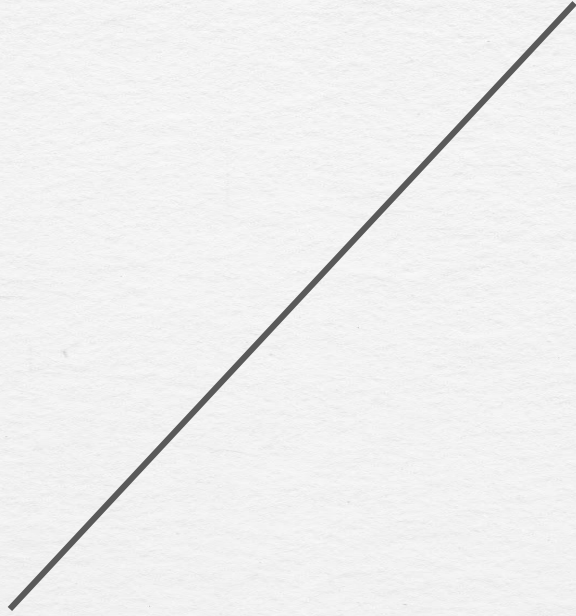
Patient



Doctor



Coach



(let's settle in)



Patient

Doctor

Healing is Relational

Coach

Ready to play pretend?

Demo Instructions:

1. Form a group of 3
2. Sit facing each other
3. Introduce Yourselfs :)
4. Assign yourselves numbers 1-3
5. Remember Your Number!

- 1 - Patient
- 2 - Doctor
- 3 - Coach

Picture this:

Round 1

*Interaction: Doctor - Patient
(Coach is witness)*

Round 1 Doctor Script:

- Describe to me what you are feeling.
- How long have you felt this way?
- Do you always feel like this or does it change?
- How are you sleeping? Eating? Working? If married or in a relationship- how is it going?
- What are others saying about you?
- In the last two weeks, how often have you had little interest or pleasure in doing things?
- In the last two weeks, how often have you felt down, depressed, or hopeless?
- In the last two weeks, how often have you felt like a failure?
- In the last two weeks, how often have you had trouble concentrating?
- In the last two weeks, how often have you had thoughts that you would be better off dead?

In Your Groups:

- **Did you feel understood?**
- **What was the goal of this conversation?**
- **What did you learn from this conversation?**
- **Who was the healer?**
- **Was there space for the soul to show up?**
- **What barriers did you notice in this type of communication?**

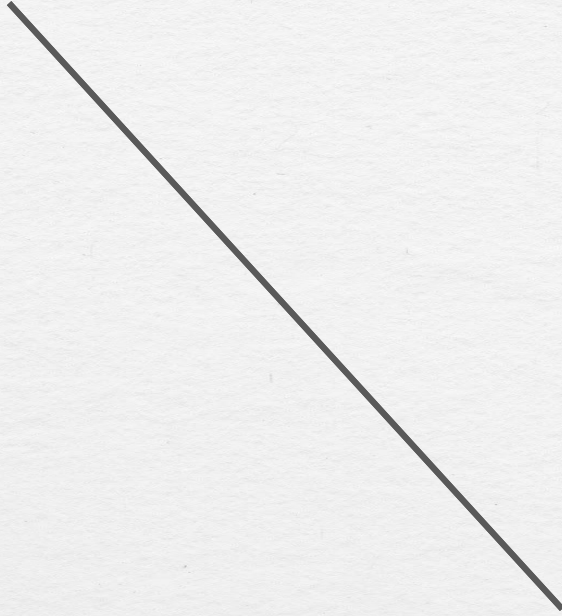
What did you notice?



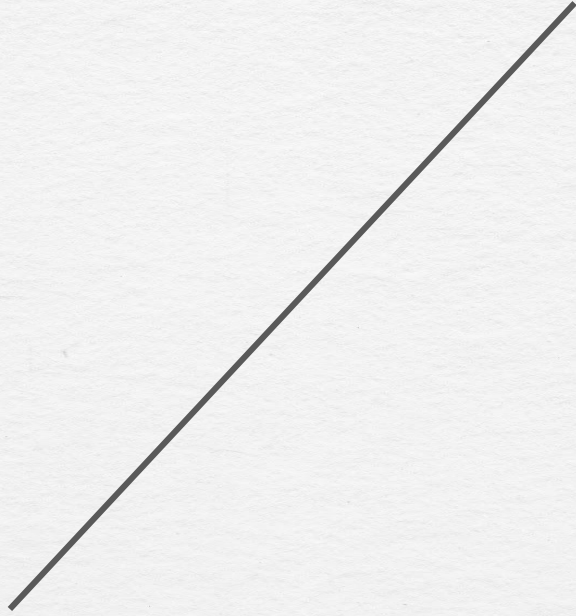
Patient



Doctor



Coach



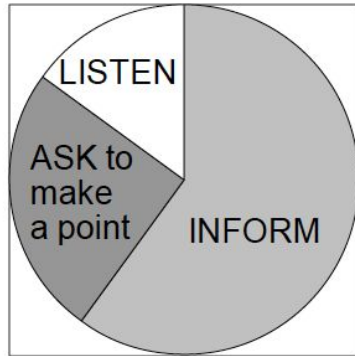
What is Integrative Wellness Coaching?

Integrative Health and Wellness (IHW) Coaching is a client-centered, relational approach to working with individuals collaboratively to address the health and wellbeing of the whole person. It acknowledges the interdependent roles of mind, body, and spirit, and the innate healing capacity within each person, with an emphasis on self-care.

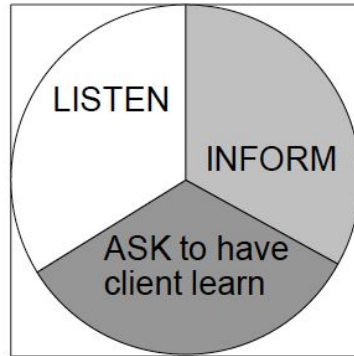
Directing vs Guiding

Frequency of communication skills used

Directing style

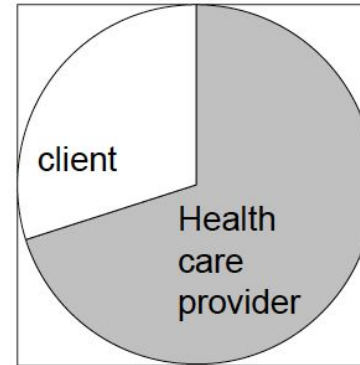


Guiding style

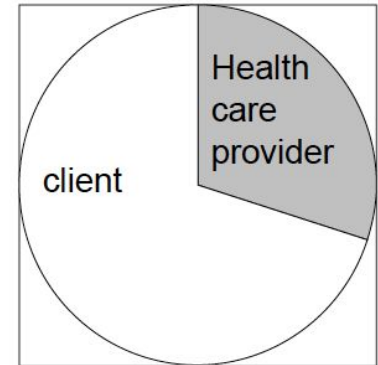


Who is talking during the consult

Directing style



Guiding style



Robert Rhode

Ready to play pretend again?

Round 2

*Interaction: Coach – Coaching Partner
(Doctor is witness)*

Round 2 Coach Script:

(As often as you can, reflect back what they say, and leave space for them to elaborate. Then ask the next question when needed.)

- **Thank you for being here today, do you need any grounding or breathing or are you ready to dive in?**
(Lead a short grounding exercise if they need it).
- **Great! I also want to remind you what my role is as a coach: You are your best expert and know yourself better than I ever will. I'm here to help facilitate the voice of your inner healer, not tell you what you should do. Sound good?**
- **Tell me why you came to coaching today?** *(REFLECT BACK WHAT THEY SAID)*
- **What do you already do to take care of your health?** *(REFLECT BACK)*
- **Why does health matter to you?** *(REFLECT BACK)*
- **What are you hoping to change?** *(REFLECT BACK)*
- **If you decided to _____, how would you do it?** *(REFLECT BACK)*

In Your Groups:

- **Did you feel understood?**
- **What was the goal of this conversation?**
- **What did you learn from this conversation?**
- **Who was the healer?**
- **Was there space for the soul to show up?**
- **What barriers did you notice in this type of communication?**

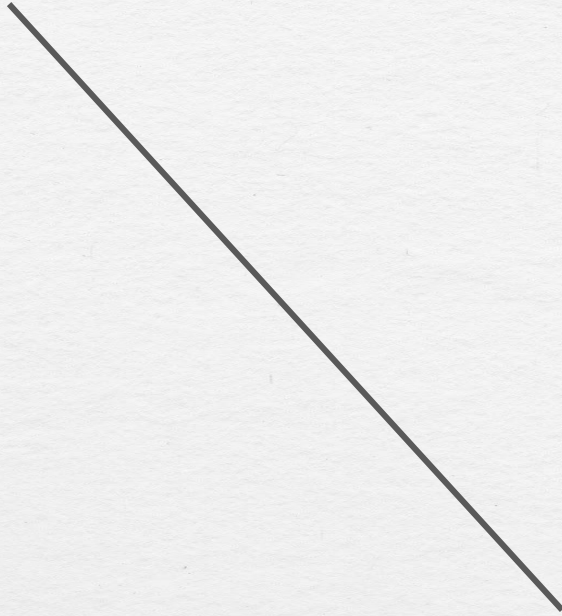
What did you notice?



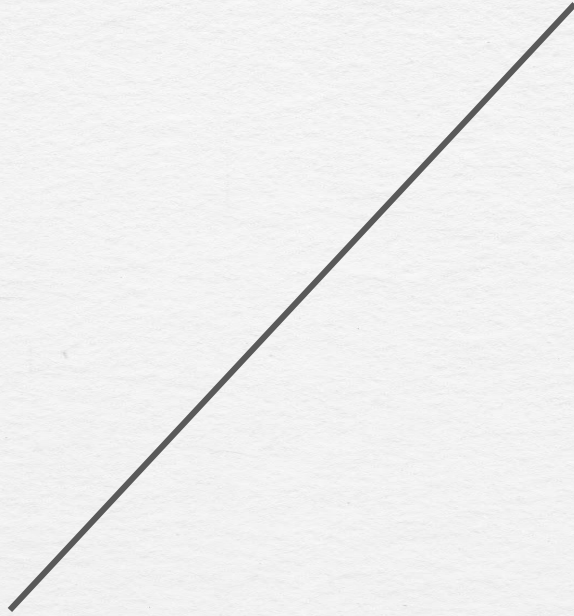
Patient



Doctor



Coach



Round 3

*Interaction: Coach - Doctor
(Patient is witness)*

Round 3 Script:

- **Share what you know about why the patient reached out for help.**
- **Share what you learned from the patient.**
- **Share what you know about what matters to the patient.**
- **Share what the person wants to try out.**
- **Share their goals / what they are trying to change**
- **Share anything you want to add to this conversation. (What could help moving forward, anything important you heard)**

In Your Groups:

- **Did you feel understood?**
- **What was the goal of this conversation?**
- **What did you learn from this conversation?**
- **Who was the healer?**
- **Was there space for the soul to show up?**
- **What barriers did you notice in this type of communication?**

What did you notice?





Healing is Relational

Source

Hope

Illness

Patient

Doctor

Sensation

Mystery

Coach

Pain

Uncertainty

Food

Caregiver

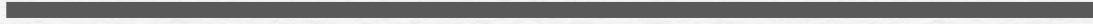
Plants

Place

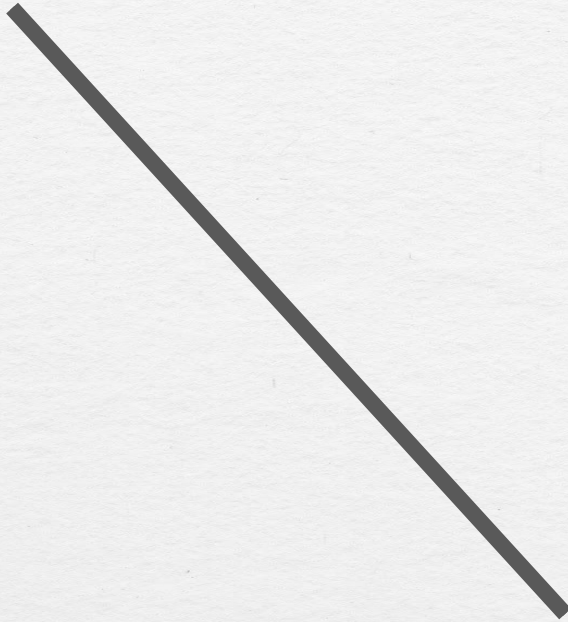
Community

Beauty

Patient



Doctor



Coach



Leaning Into Relationships IRL

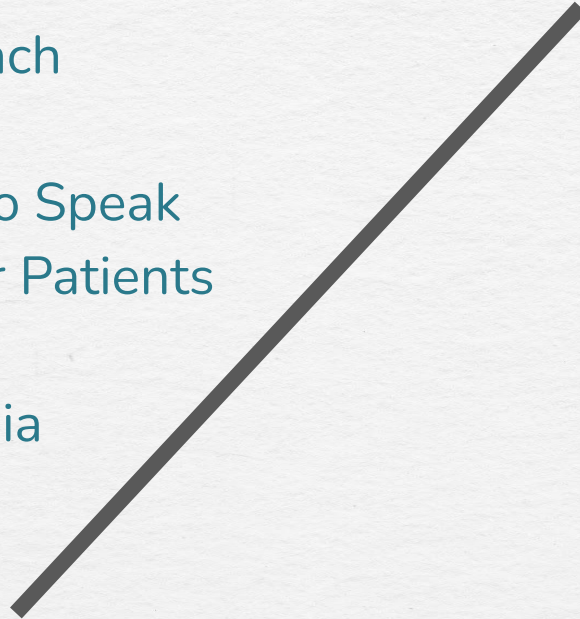
(in real life)

1. You learn how to hold space for the inner healer & uncertainty at the heart of healing. AKA Learn Coaching Techniques
2. You form relationships with people who can hold space you can't. (Strength of Diverse Community)

- Build a Referral Partnership with a Coach
- Employ a Coach in Your Practice
- Develop a Unique Program with a Coach
- Show Up in Community with Coaches
- Host an Event & Invite Your Coaches to Speak
- Have a Coach Do a Workshop for Your Patients
- Ask Coaches About their Practice
- Interview Coaches on Your Social Media
- Communicate About Shared Patients

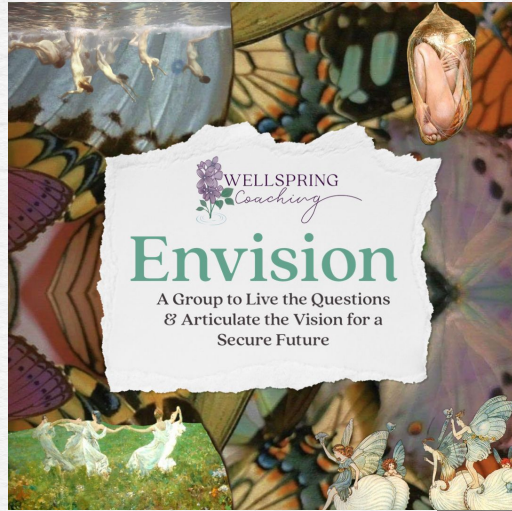
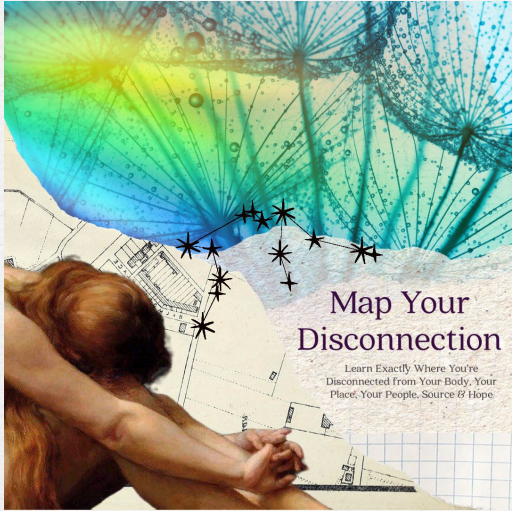
Coach

Doctor



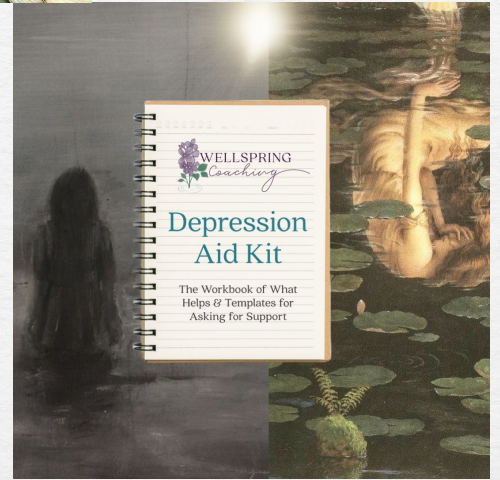


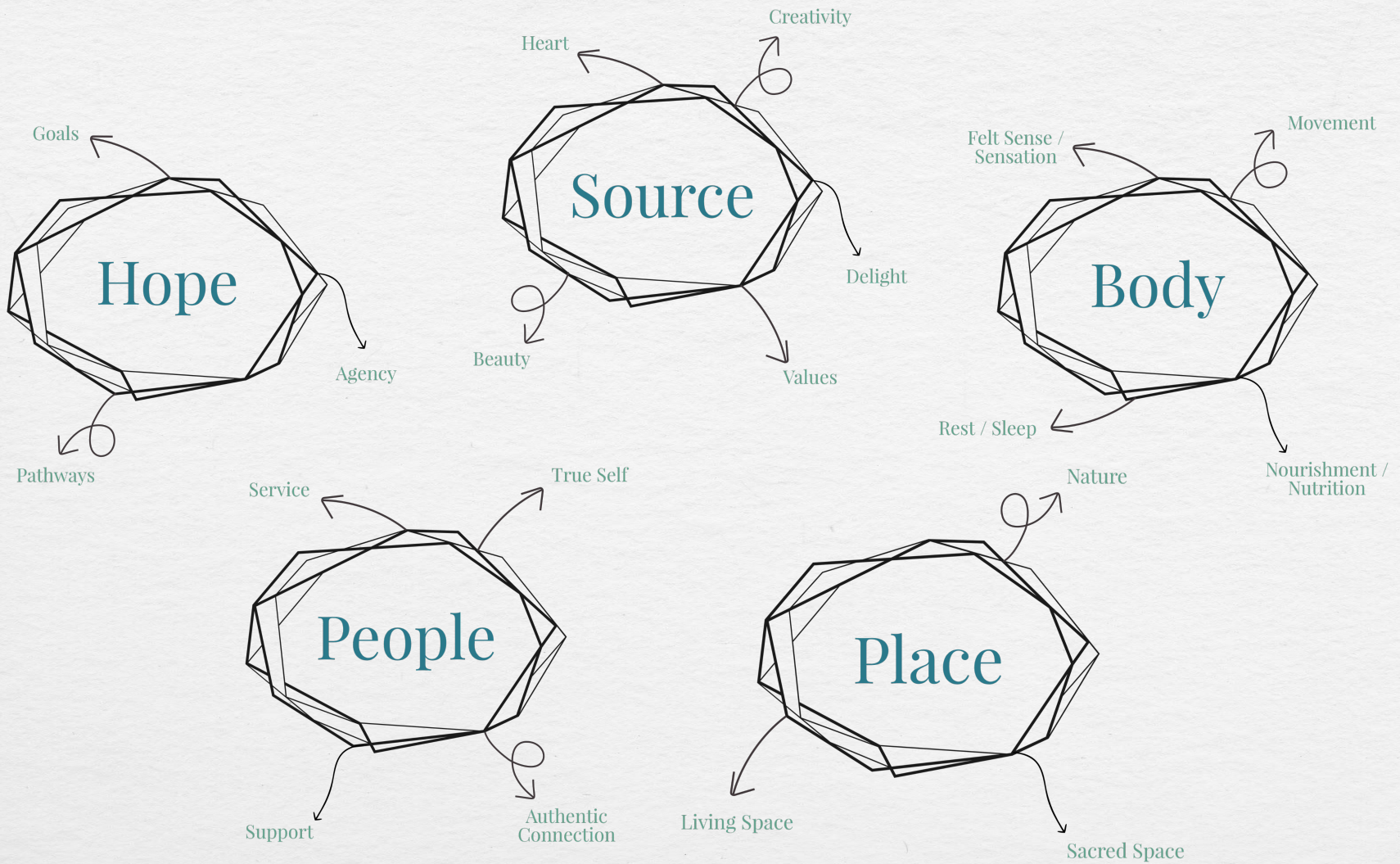
Wellspring Coaching helps people rebuild their health & life after a trip through the depression pit.




Depression as Disconnection 101

Signature Free Workshop with Regina Gee







Chattanooga
Depression Care
Collective



Patient

Doctor

What is your first action step to
strengthen one of these relationships?

Coach



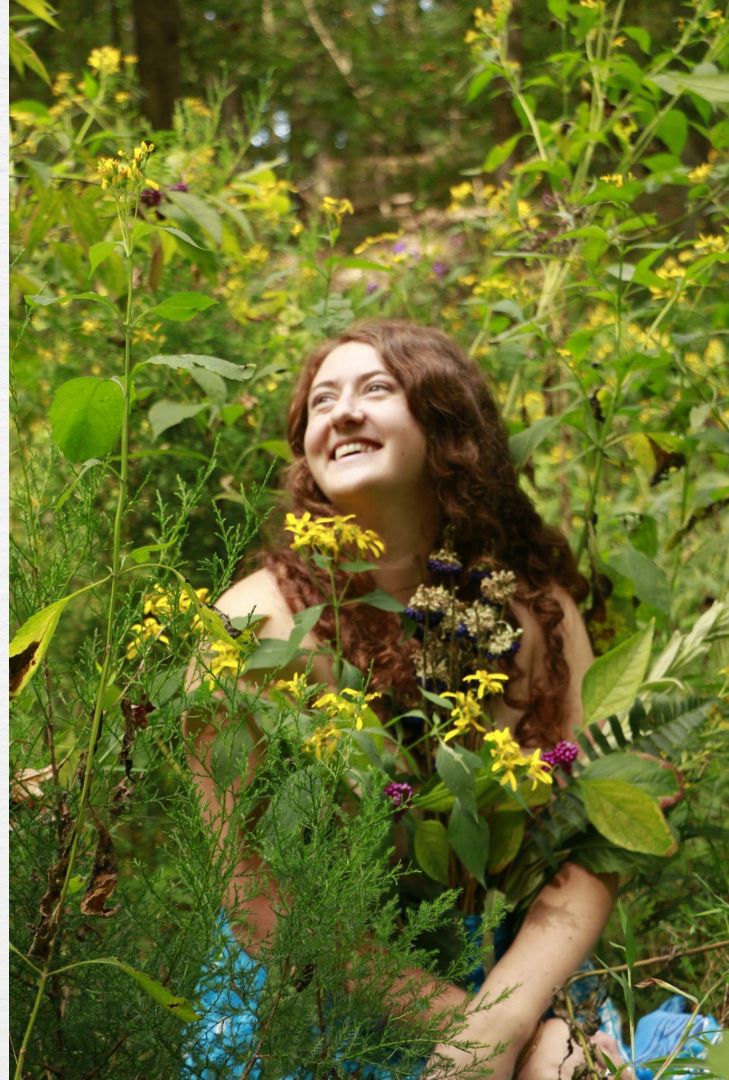
Connection Quiz:



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