



International Association of Trauma Recovery Coaching

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## THE ASSOCIATION'S GUIDING PRINCIPLES OF TRAUMA RECOVERY COACHING

The Association's Trauma Recovery Coaching Model is one of constraint release. We want our clients to have the freedom to choose the life they love to live. We want our clients to have freedom from things such as:

- Toxic shame
- Living in Autonomic Nervous System survival states
- Having internal parts that are living in extreme roles in service of survival
- Limiting beliefs learned during grooming and because of trauma
- Disconnection from their Self/Authentic Self/Higher Self
- Disconnection from others and the world at large
- Disconnection from their bodies and emotions

To achieve this constraint release we work with our clients to achieve these five overarching goals:

- Coherence
- Compassion
- Choice
- Creativity
- Connection

In doing work as Trauma Recovery Coaches, we cultivate the coaching traits of:

- Compassion
- Courage
- Curiosity

While coaching we are:

- Grounded – in the present moment
- Centered – in our Self/Authentic Self/Highest Self
- Anchored – in our Autonomic Nervous System state of Parasympathetic Ventral Vagal

In doing this work we have a set of guiding principles and values:

Principles concerning our work with clients:

- Coaches utilize collaborative, mutual, intradevelopmental relationships in every aspect of their work with clients.
- Coaches do not operate on a traditional medical model, where symptoms and labels are pathologized and stigmatizing. They do not see their clients as broken or in need of fixing. They approach their client as an individual who is having a normal reaction to an abnormal experience.
- Coaches believe that their client has the capacity to direct their own recovery when provided with the necessary support and encouragement.
- Coaches focus on helping a client build up their strengths, healthy beliefs, and positive coping strategies rather than extinguishing “negative” behaviors and beliefs.
- Coaches provide education about trauma to their clients to help them understand and normalize their experiences.
- Coaches recognize that trauma causes individuals to disconnect from themselves, the world, and other human beings. They help their clients find safe ways to reconnect.
- Coaches help their clients see the system of beliefs that their trauma and/or abusers groomed them to adopt as their own. They help their clients learn the truth about themselves, relationships, and the world.
- Coaches model healthy behaviors and beliefs with their clients. Coaches place great emphasis on modeling healthy relationship skills so that clients learn how to relate to others and themselves.
- Coaches support their clients setting their own recovery goals and the path they set to reach those goals. There are no treatment plans or coach set goals in Trauma Recovery Coaching.

### Principles Concerning Coaching Practices and Development:

- Coaches never stop working on their own recovery and seek professional help when necessary to facilitate their recovery. In particular, they do so if their personal recovery process is impeding their professional capacity as a coach.
- Coaches acknowledge areas of growth in their coaching skills and seek training, information, and Supervision to build their strength in those areas.