Dynamics of Professional Recovery Coaching

Study Guide

Presented By:

NET Institute
Center for Addiction & Recovery Education

NET Training Institute
P.O. Box 2508 • Daytona Beach, FL 32115 USA
Tel. +1.407.236.9400 • Fax +1.407.217.1705
info@recoverycoachtraining.com • www.recoverycoachtraining.com
SELF STUDY GUIDE

FOUNDATIONS IN RECOVERY COACHING

Dynamics of Professional Recovery Coaching

Video: Introduction

1. The coaching process helps clients to step back, question and analyze their ____________ and ____________ and take action toward the realization of their ____________, ____________ and ____________.

2. Recovery coaching is more ______________ than ______________

3. What is SAHMSA’s new working definition of recovery?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

4. What are the three types of obstacles that a person in recovery will face?
   1. ___________________________________________________________________
   2. ___________________________________________________________________
   3. ___________________________________________________________________

Recovery Coach Toolkit: Section 1

5. The RC helps clients identify their ____________ and ____________ as part of the coaching process.

6. When are recovering individuals most prone to relapse?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

© 2014 NET Institute, Inc. / RISE Professional Recovery Coach Series 03/03/14
7. What are the two main obstacles to maintaining sobriety?

________________________________________________________________________
________________________________________________________________________

🔗 **A Deeper Look**
8. Explain in your own words the term “residual cognitive dissonance”. Provide examples.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

❤️ **Personal Reflection**
9. Review the questions in Exercise 2 “Readiness to Commit”. What may the answers to some of these questions uncover? What other types of questions might you ask? What is your comfort level in asking these types of questions of a client?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Video Module 1: Recovery Coaching Background and Whole Life Recovery

10. How can the person in recovery in the 21st century be described?
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

11. List characteristics of Recovery Coaching
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

12. What are the five life elements of wellness in Whole Life Recovery and how is balance achieved in each?
   1. ____________________________________________________________
   2. ____________________________________________________________
   3. ____________________________________________________________
   4. ____________________________________________________________
   5. ____________________________________________________________

13. Recovery is learning to _______ all over again.
Recovery Coach Toolkit: Section 2

14. What did the 2010 Hazeldon pilot study show regarding the effectiveness of Recovery Coaching?

___________________________________________________________________________________________
___________________________________________________________________________________________

A Deeper Look

15. Why is it important that the profession of Recovery Coaching is able to demonstrate evidence-based effectiveness? In what ways might this be done?

___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

A Deeper Look

16. What is the goal of counseling/therapy and what are its limitations in respect to addiction?

___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

A Deeper Look

17. What are some limitations to the 12-step program of aftercare?

___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________
18. How does Recovery Coaching differ from other treatment/aftercare philosophies?

__________________________________________________________________________

__________________________________________________________________________

19. Strengths-based coaching is ______-led, with a focus on present ________________
and ______________ that people bring to a problem or crisis and applying them to
______________ ______________.

20. List some components of strengths-based recovery coaching.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

21. Personal Reflection

   Why might a Recovery Coach be tempted to step into any of these roles or mindsets? What might be the belief system behind that thinking? Do you personally identify with any of those attitudes? Why or why not?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
22. Recovery Coaching believes that change is enhanced when clients can step back and analyze ______________ between their current ______________ and their ideal or desired ______________.

23. What are the 4 E’s in Strengths-Based Coaching?

   ________________________________
   ________________________________
   ________________________________
   ________________________________

Video Module 2: Establishing the Coaching Relationship

❤️ Personal Reflection

24. Review the “Talk Chalk Exercise 1”. Think about the costs of addiction and what they have meant in your life or the lives of someone you love. What are the most compelling reasons for someone to seek treatment considering these costs? Choose the top three and elaborate.

   ________________________________
   ________________________________
   ________________________________
   ________________________________
   ________________________________
   ________________________________
   ________________________________
   ________________________________

25. Coaching is an ongoing ______________ which focuses on __________ taking ______________ towards the realization of their __________, __________ or __________.

26. What are the 2 Strengths-Based characteristics listed in this module power point?

   ________________________________
   ________________________________
27. The central purpose of motivational interviewing is to resolve ________________, and it is ____________ directed.

28. What are some of the benefits of asking questions?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

29. What are the 6 things to focus on while establishing the coaching relationship?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

30. Briefly list 5 tips to build trusting coaching relationships.

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

**Recovery Coach Toolkit: Section 3**

31. “A great Recovery Coach is one who can play tennis on the same side of the NET”. What does this mean?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
32. List the 6 Personal Core Competencies of a Recovery Coach.

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________


33. List the 7 Professional Skills required for a Recovery Coach.

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________


34. List the 5 Community Focused Competencies for a Recovery Coach.

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________
Personal Reflection

35. In reviewing the 3 areas of competency for Recovery Coaches, evaluate yourself on each level. How are you qualified, what natural skill set do you have that can enhance your capabilities as a Recovery Coach? Are there any areas you need to work toward achieving competency?

Personal:

Professional:

Community:

36. What is the key element in a coaching relationship?

37. List briefly the common traits of successful coaches as noted by Chapman.
Video Module 3: Recovery Coach Competencies

38. What is the possible limitation of the “been there, done that” paradigm? (Referring to those having been through treatment and recovery being the best suited to help others through that process).

39. Provide examples of systems that support recovery.