

Coaching for Sexual Addiction Recovery

What is Recovery Coaching?

Coaching is different from counseling. Coaching focuses on achieving a goal. The coach of a soccer team is the person who helps the team function and play their best to make the goal. Recovery coaching is about helping people learn the skills and coaching them to the work that helps them get free. Addicts in recovery especially come to counseling with a goal in mind: to get sober. Counseling is about listening to one's story and to help them heal. It may involve achieving a goal as well.

Counseling (in person)

Past oriented

Involves diagnosis

Healing from a disease

Confidential

Partnership between client and therapist

Coaching (over the phone)

Future oriented

Involves goal

Moving towards wellness

Confidential

Partnership between client and coach

Tools and information

Goals of Coaching:

- 1) *Skills to help acquire sobriety* - How does one get sober? What are the steps involved and the pitfalls to avoid? What are the adjustments emotionally, physically and relationally that occur? What to do with resentment, fear and shame?
- 2) *Skills to help heal relationship* - Learn how to recover and help make amends to the loved ones around you.
- 3) *Relapse Prevention* - It is one thing to get sober. It is another to stay sober. What are the warning signs to relapse that the addict isn't aware of.