Implementation of:

Recovery Coaching

Jim Conklin, CASAC
RECOVERY
COACHING
RELATIONSHIP
Recreational use

Occasional misuse - low impact

Medium misuse - considerable impact, still functioning but impaired

Recovery

Heavy misuse - high impact, function breakdown

Descent

Addiction - ongoing loss of control
Intervention, rehab, treatment, psychiatric intervention, addiction counselling, etc

Relapse

Degree of control

Crisis, rock bottom, serious outcomes: death, prison, institutionalisation, psychological breakdown

Unable to leave crisis, ongoing active misuse / addiction

Time
RECOVERY COACHING

Interaction
other
services

Reintegrate with
coaching in exit
phase

Descent

Addiction? - loss of control
Intervention, rehab, treatment, psychiatric intervention, addiction counselling, etc

Relapse

Recovery

Degree of control

Time

Crisis, rock bottom, serious outcomes: death, prison, institutionalisation, psychological breakdown,

Unable to leave crisis, ongoing active misuse /addiction
RECOVERY COACHING

RC works with client as they move along the curve.

RC stays above zone - refers / hands over / pauses coaching if ineffective & client unresponsive.

Client exits intervention / treatment / facility RC works to build recovery plan, strengthen assets & support systems - client choice.

Ongoing building of recovery with client.

Degree of control

Time
OBJECTIVES OF RECOVERY COACHING
• Build and connect people to Resources – Internal & External

• Develop and expand learning

• Increase peoples **Self determination, Independence of thought, Understanding of their actions**

• Develop and support peoples **awareness** of how they make **choices**
• Bring awareness to the choices and decisions being made in their lives

• Enable peoples understanding of their personal fulfilment of their lives

• Develop, manage and reach goals that make the experience of that fulfilment more likely

• Fulfil potential

• Develop excellence and mastery
Questions???

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