

## Coaching in therapy

**This course is for Cerebral Palsy Alliance employees**

### Who is this course for?

This course is for allied health clinicians. A coaching framework is increasingly being applied within our service delivery at Cerebral Palsy Alliance. Coaching involves relationship directed, and client/family centred intervention. It includes actions during which the allied health practitioner supports a client or a family in the process of decision-making on functional activity and participation in daily life, with the aim of client / parent empowerment and optimising child development. Implementing a coaching framework is an essential feature of many interventions we provide in our service delivery. Coaching is now considered essential to reach beneficial outcomes for the clients that we work with.

### What content does the course cover?

This coaching training is designed to help clinicians understand, use and reflect on their use of coaching strategies in therapy sessions and other interactions with clients and their families. There are a range of learning activities including videos, readings and opportunities for reflection on the use of coaching strategies in your own practice. Even more so than many other approaches used in therapy, using coaching requires practice and reflection over a long time to develop, refine and maintain this skill.

Learning activities include:

- introduction to coaching
- joint planning
- observation
- action / practice
- reflection
- feedback
- becoming a more effective coach

A coaching workbook is used throughout this training to record learning activities and reflections during the learning process. Returning to the activities in this workbook and engaging in ongoing reflection of your coaching skills in clinical supervision will help you as you incorporate a coaching style into your interactions with clients.

### Does the course have prerequisites or specific requirements?

- 4 - 12 months of clinical experience working with a range of clients and their families
- Experience with joint goal setting
- Completion of advanced communication training (online)
- Capacity to commit to the training hours (as described above)
- Willingness to actively engage in all group activities and reflect on own practice to make some necessary changes

There are a set of attitudes, knowledge and skills necessary for successful implementation of coaching in therapy. Some of these are listed in the table below:

Attitudes /beliefs	Knowledge	Skills
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<ul style="list-style-type: none"> <li>• Respect families values, routines, and cultural background</li> <li>• Acknowledge a client/family's knowledge, strengths, resources, and needs</li> <li>• Belief in families capacity</li> <li>• Acknowledge the client/family leading role in the intervention</li> <li>• Focus on meaningful goals</li> <li>• Be open and willing to change your own behaviours, habits, and attitudes</li> </ul>	<ul style="list-style-type: none"> <li>• Client and family centred practice</li> <li>• Theory of adult learning</li> <li>• Definition of coaching and coaching strategies</li> <li>• Joint goal setting</li> <li>• Relationship directed collaboration</li> <li>• Enabling and engaging strategies</li> </ul>	<ul style="list-style-type: none"> <li>• To apply client and family centred practice</li> <li>• To apply adult learning strategies</li> <li>• To communicate openly</li> <li>• To observe and share observations with client and family members</li> <li>• To listen actively</li> <li>• To provide suggestions (not instructions)</li> <li>• To ask open-ended and reflective questions</li> <li>• To provide reflective feedback</li> <li>• To reflect on own behaviour, attitudes, beliefs and habits</li> </ul>
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#### What other details do I need to know?

The coaching training is offered as a blended learning experience. This includes :

- **7 x 1 hour sessions scheduled weekly OR fortnightly** (Teams meetings – virtual learning)
- **1x 2 hour Advanced Coaching session**, six months after the completion of the basic learning block, where a case presentation will be shared by participants discussing how they have embedded Coaching into their practice.
- Self directed learning activities between sessions using the coaching in therapy workbook (independent learning)
- Practising coaching within therapy sessions (independent learning) and sharing/discussing experiences and outcomes in group sessions.

The total estimated time is 16 hours direct contact and 8 hours of self directed learning.

**Full attendance at every session** is the expectation to allow successful implementation of the coaching model in practice.

**To register you must choose from one of the coaching program schedules shown below.**

Choice 1 times 11.00am - 12.00pm	Choice 2 times TBC	Choice 3 times TBC
Thursday, 6 February Thursday, 20 February Thursday, 6 March Thursday, 20 March Thursday, 3 April Thursday, 17 April Thursday, 1 May Thursday, 6 November	TBC	TBC

**Attendance type:** Virtual (minimum number for group 4, maximum 7)

**Times:** Please select a course start date below or if there are no dates, please click Enquire

**If you need to cancel:** Cancellation guidelines

**Where can I get more information?**

It is recommended that you speak with your clinical educator and manager before commencing the coaching in therapy training. Understanding the prerequisites of the course is essential to get the most out of this training.

**Contact:** The Training Alliance team

**Email:** [training@cerebralpalsy.org.au](mailto:training@cerebralpalsy.org.au)

**Phone:** +61 2 9975 8715

**September 2025**

Date	Course	Start time	Finish time	Location
Mon 01	Coaching in therapy	1:00PM	More than 1 day	Virtual Learning