

## Coaching in therapy - Basic

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

### Who is this course for?

This training is designed to help Allied Health practitioners support a client or family in the process of decision-making around functional activity and participation in daily life.

If this course is relevant to your role, but not mandatory, please discuss with and get approval from your manager.

### What content does the course cover?

In this training session you will learn how to apply the CPA coaching framework and strategies when supporting clients and families. This includes:

- An introduction to coaching
- Joint planning
- Observation
- Action / practice
- Reflection
- Feedback
- Becoming a more effective coach

The course is for small groups (4-7 participants) and is delivered as 7 × 1 hr virtual sessions scheduled over four months. You must attend all the sessions.

You will complete learning activities between sessions and practice your skills and knowledge in your therapy sessions.

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

The following is required before attending:

- Advanced communication (online course)
- 6 – 12 months of clinical experience working with a range of clients and their families
- Experience with joint goal setting.
- Capacity to commit to scheduled training over a 4-month period
- Willingness to actively engage in all group activities and reflect on own practice to make necessary changes.

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

### What other details do I need to know?

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

- 7 × 1 hour sessions scheduled over a four month period (Teams meetings – virtual learning)
- completing learning activities between sessions using the coaching in therapy workbook (independent learning)
- practising coaching within therapy sessions (independent learning)

The total estimated time over a four-month period is approximately 14 hours. This would need to be scheduled in your Calendar as one hour a week over this four month time period.

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.**

Program choice 1 times 11am - 12pm	Program choice 2 times 11.30am -12.30pm
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Monday 29 January	Wednesday 10 April
Monday 12 February	Wednesday 24 April
Monday 26 February	Wednesday 8 May
Monday 11 March	Wednesday 22 May
Monday 25 March	Wednesday 5 June
Monday 8 April	Wednesday 19 June
Monday 22 April	Wednesday 3 July

**Trainers:** Several members of the Clinical Governance team facilitate this training.

**Attendance type:** Virtual

**Duration:** 7 x 1 hour sessions over a four month period

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

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

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
<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>

**Where can I get more information?**

**Contact:** The Training Alliance team

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

**Phone:** +61 2 9975 8715

#### July 2024

Date	Course	Start time	Finish time	Location
Tue 09	Coaching in therapy - Basic	1:00PM	More than 1 day	Virtual Learning



**Training Alliance**  
Leaders in Disability Training