**What Is Parent Coaching?**

Parent coaches want parents to experience joy and fulfillment in their roles as mothers and fathers. They want to assist parents in meeting their child’s needs in loving and developmentally appropriate ways. Parent coaches listen deeply and non-judgmentally to their clients.

Using a method called Appreciative Inquiry (<http://appreciativeinquiry.case.edu/intro/whatisai.cfm>), the coach strives to uncover the positive and the possible in every situation, and in every parent. The task is to help the parent find what is working in their life, and within them-self, and then build upon those strengths. The coach stays focused on the present day parenting challenges, and provides structure to the change process. The coach walks this path of discovery on equal footing with the client, cheering them on as they find greater clarity, and a deeper understanding of their life.

An analogy that keeps coming to my mind is a muse. A muse is a guiding spirit; an inspiration. Likewise, a parent coach shines a light on the unconscious. They do not give advice. They ask the questions that awaken one’s own knowing. When parents are empowered with a new perspective, they are also emboldened to carry out the transformation that has begun.

Here are some key differences between therapy and coaching:

1) Therapists work with clients to heal past wounds. Coaches work in the present with ‘healthy’ individuals (by healthy, I mean already functioning well and not in need of addressing past issues in order to move forward).

2) Therapists work with clients to decipher how past experiences have shaped current behaviors or personality traits. Coaches also want to make patterns of behavior and modes of thinking clear to their clients; however, they do not want to dwell on them. Once awareness is achieved, coaches help their clients choose new, more productive behaviors.

3) Individuals seeking therapy are often in crisis, and need a therapist’s help to bring them to a functioning level. Parents seeking coaching are facing challenges, and seeking assistance, but should not be in crisis when receiving coaching.

https://thesupportedparent.wordpress.com/parent-coaching-is-not-therapy/comment-page-1/#comment-68