

International Metaphysical Academy

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What is Metaphysical Coaching?

By Anneli Driessen Ph.D., Ph.D., MCC – March 22, 2021

Definition: *Metaphysical Coaching* is a holistic approach to coaching based on spiritual principles. It helps an individual to understand how the mind works at both the psychological and spiritual level, to gradually guide a client to a place of self-realization and self-empowerment.

Metaphysical Coaching is a unique form of coaching; one that addresses both psychological and spiritual issues. As ordained metaphysical ministers, metaphysical Coaches have a comprehensive spiritual and metaphysical, and psychological education and have chosen coaching as a part of their vocation within their ministry.

Metaphysical Coaches are not Clinical Counselors or medical doctors and do not prescribe medications. In situations where a Metaphysical Coach assesses medication would be necessary, a client will be referred to a psychiatrist, a medical doctor specializing in treating mental, emotional, and behavioral disorders. In most cases, coaching will continue with the Metaphysical Coach, with the psychiatrist supervising the client's medication.

Metaphysical Coaches work with people of all faiths and individuals who do not profess any particular faith. They are ready to discuss religions and spiritual issues but will never exclusively promote any particular belief. They may work with clients to explore questions about faith and spiritual matters, or refer clients to a spiritual leader, their own if desired, to respond to specific questions to the client's particular religion.

Metaphysical Coaches facilitate a conversation about the client's current situation in a new way. Providing a new perspective is the first step to change. They also encourage an increased depth and breadth of communication so that thoughts and feelings, which may have previously been unexplored, are brought into the open. Sometimes they may explore family roots and traditions and the impact of these factors upon later developmental attitudes. They also may assist the client in learning new ways of dealing with relationships and difficult life situations. They support and guide the client to discover problem-solving skills and enhanced coping strategies for numerous issues, including depression, anxiety, pandemics, unresolved childhood issues, grief, stress management, and body image.

The coach's approach is gentle and loving. They encourage and guide the client through self-reflection, the acquisition of new self-knowledge, and the identification of new ways of managing their current life more joyfully and productively.

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