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Introduction

What Is on This CD and How You Might Use It

Introduction to Audio Files (audio file)

Coaching Exercise Matrix: Matching Methods with Client Needs

Chapter 1 The Importance of Expanding Your Rependire

Chapter Illustrations

Figure 1.1. Anne Marie's "Hep" Drawing

Figure 1.2. Anne Marie's Scales of Balance

Clients at Work

Clients at Work #1

Clients at Work #2

Clients at Work #3

Client Creations Gallery

Client Collage

Dragon Head

Wild Woman, Eleanor Appleyard

Clay and Construction Paper

She Needed Time as Well as Pomegranates

Let Go of Fear My Life Now Tree Spirit—Woman Deeply Rooted in the Earth, Eleanor Appleyard Catalogue of Guilt About Leaving My Job Me in the Light with Dominoes

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Chapter 3 Guidelines for Using Tools and Techniques Modeling Ground Rules and Interventions Steps (audio file)

Chapter 4 Starting with Yourself

Chapter Illustration

Figure 4.1. Terrie's Inner Critic Inner Critic Guided Imagery with Body Scan (audio file) Compassionate Self—Guided Imagery (audio file) Addressing the Inner Critic Dale's Altar to Her Demons Meeting My Inner Demons, Eleanor Appleyard Compassion, Eleanor Appleyard Right or Wrong, Susy Clark Narcissistic Injury, Susy Clark We Don't Do It That Way, Susy Clark Compassion, Amy Jamrog Monk Bowl, Penny Hood Grace Dines with Her Enemies, Jane Palmer

Chapter 5 Changing Thinking

Chapter Exhibits Exhibit 5.1. Left-Hand Column Case Template Exhibit 5.2. Pat's Coded Left-Hand Column Case Exhibit 5.3. Distinguishing Between Unilateral Control and Mutual Learning Unilateral Control vs. Mutual Learning Coaching: A Model Conversation (audio file)

Guiding a Client Through the Creative/Survival Exercise (video file)

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Chapter Illustration

Figure 6.1. "The Cord Is Unplugged"

Brief Guided Imagery (audio file)

Chapter 7 Writing It Out

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Exhibit 7.2. Blank Action Planning Worksheet

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Things I Have Learned About Change, Barbara Cooper

A Crack in the Ceiling, Barbara Burkart

Letter to Mom and Afterthoughts, Audrey

Life Line #1

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Visioning Guided Imagery (audio file)

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Figure 8.2. Book Umbrella of Protection

Figure 8.3. Candy Box

Figure 8.4. Judge Figure 8.5. Kaleidoscope Exhibit 8.1. Contrasting Experiences Exercise Template Exercise Examples Cards of Choice [Exercise 8.2] #1 Cards of Choice [Exercise 8.2] #2 Clay Sculptures [Exercise 8.3] #1 Clay Sculptures [Exercise 8.3] #2 Clay Sculptures [Exercise 8.3]. Sculptures in Progress Gifts and Stuck Places [Exercise 8.4]. My Gift Gifts and Stuck Places [Exercise 8.4]. Obstacles to My Gift Gifts and Stuck Places [Exercise 8.4]. Overcoming Obstacles to My Gift Mirror Drawing [Exercise 8.5]. Mirror Drawing Partners Mirror Drawing [Exercise 8.5]. Mirror Drawing Close Up Vision Collage [Exercise 8.7] Inspirational Anchor Image [Exercise 8.11]

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Anne in Mountain Pose [Exercise 9.7] Body Scan (audio file) Modeling Body Scan Debrief (audio file)

Chapter 10 Conducting Fieldwork and Experiments Exhibit 10.1. Behavior Observation Tracking Form

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Cards of Acknowledgment

Dale—Card of Acknowledgment

Dale—Collage Card September 2007

Anne-Card of Acknowledgment with Books

con

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Client Award #2. Express Your Heart

Client Award #3. The Gift of Presence

Client Award #4. Betsey as Queen

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Chapter 14 Combining Modalities for Successful Coaching Chapter Illustrations 14.1. Anita's First Drawing 14.2. Anita's Life Agreement Coaching Agreement Letters

Anne's Letter

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