



Special Group in
Coaching Psychology



The
British
Psychological
Society

Coaching Psychology

As the term ‘coaching’ has come into popular use for one-to-one development services, psychological practitioners are increasingly using the term to describe the services they offer, and psychologists who offer coaching services can now be found under all of the Section and Division listings within the *Directory of Chartered Psychologists*.

Coaching Psychology is an integrated form of practice that is client-centred, collaborative and focussed on using psychology holistically to facilitate positive outcomes that are meaningful to individuals, groups and organisations. Chartered psychologists using the term ‘Coaching Psychology’ to describe the services they offer may specialise in one domain of psychology; however, they will also draw upon a range of psychological ideas, models and techniques from across the profession. The primary goal of all coaching psychology services is the enhancement of wellbeing and success within all aspects of work and life.

Chartered psychologists offering both specialist and general coaching psychology services can be identified through their membership of the Special Group in Coaching Psychology (SGCP).

Specialist services offered:

- supporting clients to understand their life and work goals and objectives and how these can be synthesised and achieved;
- supporting clients to understand and overcome entrenched patterns in thought or behaviour which are limiting or likely to represent significant barriers to successful achievement of desired work and life objectives;
- assessment of personal and professional development needs to create integrated development plans which set out challenging yet realistic approaches for work and life success;
- profiling of abilities and personal style for the purpose of synthesising this information to support clients to achieve the developmental, lifestyle and professional objectives they have set for themselves;
- independent assessments for individuals, groups and organisations using a broad range of valid and reliable psychological tools and processes to identify and define coaching needs;
- referral services for clients who could benefit from access to sources of specialised psychological support to achieve identified life and work goals;
- referral services to support clients in accessing a wide range of specialised professional services within the broader community which are relevant to the achievement of the clients objectives;
- supervision of coaches who are not chartered psychologists within business, health and community programmes to ensure that psychological ideas, tools and models are applied appropriately within the context of generalist coaching services;
- professional and developmental supervision both for coaches using psychological ideas tools and models in their practice as well as for coaching psychologists who are deepening or extending their expertise; and
- design and delivery of training and development programmes for both coaches and coaching psychologists.