

BOOK REVIEW

Book review: *Coaching for Health: Why it works and how to do it*

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Title: *Coaching for Health: Why it Works and How to do it*

Authors: Jenny Rogers and Arti Maini

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Over the past decade health coaching is becoming an established intervention within the health field to assist clients, coachees and patients to achieve their health and wellbeing related goals. Research has highlighted that it can be cost effective. This timely book, *Coaching for Health: Why it works and how to do it*, co-authored by Jenny Rogers, an executive coach, and Arti Maini, a doctor, explains the rationale for health professionals adapting and integrating the coaching approach in their consultations.

The book is divided into nine discrete chapters:

1. *Coaching for health: The time is now*
2. *The coaching mindset*
3. *Core skills of the clinician-coach*
4. *Changing life-limiting behaviour*

5. *The information game*
6. *In it for the long term*
7. *Empowering the disempowered patient*
8. *Mind matters: Coaching for recovery in mental health*
9. *Conclusion: Prescription for change*

As can be noted from the chapter titles, the authors do not assume that the health practitioner has any knowledge of coaching or coaching skills and start with why the time is now for coaching for health. The book takes the clinician on an innovative coaching journey and crucially assists the practitioner in shifting from the 'expert' to 'enabler'.

The book highlights how the coaching for health approach can inform and facilitate lifestyle change and can also be used with patients who have long-term mental illnesses.

Chapter 4 includes the Prochaska and DiClemente stages of change model and importantly highlights how practitioners can help at each of the stages from pre-contemplation, contemplation, preparation, action, maintenance and termination. The last chapter concludes with where coaching is not the answer and how to get better at coaching.

Not only will this book be of practical use to clinicians, professionals from associated fields such as health psychology will find the coaching for health approach of great interest. ■

REFERENCE

Prochaska, J. O., & DiClemente, C. C. (1982). Transtheoretical therapy: towards a more integrative model of change. *Psychotherapy: Theory, Research & Practice*, 19, 3, 279-88. <http://dx.doi.org/10.1037/h0088437>

Biography

Prof Stephen Palmer PhD is Director of the Centre for Stress Management, London. He is Professor of Practice, Wales Institute for Work Based Learning, University of Wales Trinity Saint David, and Adjunct Professor of Coaching Psychology at Aalborg University. He is the Honorary President of the International Stress Management Association and the International Society for Coaching Psychology. He has written and edited over 50 books including the Handbook of Coaching Psychology: A Guide for Practitioners (with Whybrow, 2019) and Positive Psychology Coaching in Practice (with Green, 2018). He has published over 225 articles.

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