



## **DEEP COACHING**

It emerged from integrating theoretical frameworks of psychiatry, western psychology and coaching. By means of integral paradigms derived from the ideas of Ken Wilber. This orientation will be taken from the concepts of the novel discipline of coaching and Ken Wilber's integral paradigm. As well as from other spiritual theories of East and West and is based on the human capacity for self-transformation.

In Latin America we highlight Fernando Flores, Rafael Echeverría, Julio Olaya and Fred Kofman. These practices were taken as a form of a formal discipline, from the postulates of Rafael Echeverría, in Ontology of language and the foundation "Newfield", training center, with theoretical - practical training, of an important methodology.

The context in which coaching was born is at the end of the 20th century, in the United States. and hand in hand with training in "Human Resources." We quote Petes Senge, in his book "The Fifth Discipline in Practice" and includes works by other important international personalities (Erikson. Piaget, Maslow, Rogers, Gallwey, Loevinger, Torbet, etc.)

### **Deep coaching:**

Although today is not yet in a position to develop a comprehensive vision of consciousness, we are already able to glimpse that nothing less will suffice (Ken Wilber).

Deep Coaching Theoretical Frameworks: Derivatives of psychiatry, Western Psychology. Coaching of the integral Paradigm Ideas (Ken Wilber).

### **Historical-geographical framework of coaching**

The practice was born at the end of the 20th century, in the United States. According to Philip Mirvis, historian, quoted by Peter Senge. Book: "The fifth discipline in practice." It includes other authors in works of personalities; such as: Jean Piaget, K. Lewin. Abraham Maslow, Milton Erikson, Tim Galwey, William Torbet. From spiritual concepts of East and West, for human self-transformation. In Latin America; Fernando Flores. Rafael Echeverría, Julio Olaya. Fred Kofman. He becomes a formal Discipline based on the postulates of Rafael Echeverría in (Ontology of language). His foundation of "Nedwfield" generates theoretical-practical training and strong methodological training.

### **The cultural framework of coaching:**

Independent differentiation between art and science, with respect to religion. Differences between objective truths of the subjective and Ethics. That is to say: "Science" as objective truth. Artistic world, as subjective truth. Religion as ethical truths.

### **Between contexts:**

A climate of strangeness settled in humanity, fear anguish existential doubt More lucid men realized the limits and ways of seeing the world. Progress, "objective", if dissociated from "subjective" could be worse, than the "dark" world of the Middle Ages. Emergence of Postmodernism, with constructivism, New Age and Coaching.

### **Postmodernism-paradigms:**

Introduced:

- The reality very significantly, constitutes an interpretation and a construction (Constructivism).
- The meanings we give in texts depend on contexts are extensive (Contextualism).
- Cognition does not privilege any particular vision (Multiperspectivism).
- That is to say: the reality we see is not a description but a construction (Constructivism).
- These depend on the beliefs of the observer and the text in which he operates (Contextualism).
- Thus, it is not possible to consider any way of seeing the world superior to another (Multiperspectivism).

### **Coaching premises:**

From the three premises. Conversational technology was invented. Rafael Echeverría, a pioneer in the discipline, has defined it as "Ontology of language". Coaching is one of the added values of the traditional sciences of human behavior. Through a Model and derived techniques, it contributes to overcoming some to give answers to human dilemmas. Significant leap from the Modern to the postmodern worldview.

### **Ken Wilber's ideas:**

From the philosophy of Ken Wilber and his methodology, of generalized integrations, he managed to achieve a model that articulated truths of diverse human knowledge. Models consisting of two pillars:

- 1) Levels of consciousness.
- 2) The one with the four quadrants.

### **Consciousness levels:**

Wilber explains that every human being when he is born, begins an evolutionary path. Through matter, body, mind, soul and spirit, up to the "void" Evolutionary path that consists of the construction of series of "I'S", confer an "Identity

Experience" from which they operate in the world Question referring to who are you? The person will give her answer according to her level of consciousness of her "I".

The ultimate identity is that we are pure consciousness, something like a silent witness, beyond your body, mind, soul and spirit, it continues to exist.

The human being has certain requirements to be able to continue existing and resources to satisfy them.

### **If everything goes fine:**

The human being reaches levels of consciousness in which is his "I" (Identity nucleus, the I).

In this way, you will build more sophisticated structures with more complex experiences.

### **Baby illustration:**

In its beginning it experiences Sensations Capacity to experience. Emotions and impulses. Mental images and wishes. Infante already conceives concrete concepts and abstract language. Complex reasoning. Finally, systemic thoughts: "total" feelings. It culminates with mystical experiences.

### **Wilber model: The path of growth and maturation:**

It develops in three stages:

1. Prerational Stage, (called pre-personal pre-ego).
2. Rational Stage, (egoic or personal call).
3. Transrational Stage, (called transegoic or transpersonal).

### **In each of them, in turn three levels of consciousness are distinguished:**

#### **Consciousness levels:**

From the evolutionary path, the process of travel carried out by consciousness: From the evolutionary path, the process of travel carried out by consciousness. We will share the description made by David Gonzalez Raga. Translator of Wilber's works. At the Congress Ken Wilber (Madrid, 2004) says like this:

#### **Integrations of deep coaching:**

From Psychiatry conceptual tools are provided at levels, molecular, biological, physical, chemical, which will have an impact on the levels of sensorimotor and emotional consciousness. Non-psychoanalytic psychotherapies have observed useful elements for assessing mental and behavioral functioning at rational levels of consciousness. Through the word and its meanings.

Psychoanalysis contributed through the methodology of "making the unconscious conscious", between the emotional and the rational levels. The value that coaching adds (and its maieutic methodology). It serves to help people or clients at the rational level prior to the transrational. As a product of postmodernism with the illusion of objective reality, it offers the querent to re-create his life from a new way of speaking, beyond his beliefs, led to existential paradoxes, beyond reason.

### **Deep Coaching - Comprehensive approach to "Being":**

From the six levels of existence and by diagnosis of the level of identity in which the client is and a consistent practice. Differential diagnosis between magical thinking (regressions) and that of (mystical experiences). Relationship with Stress, possible to identify sources of stress with resources, which need to be balanced at each level of consciousness. With the coaching methodology the existential approach is achieved. It helps the client to build a world in which stress becomes a source of energy, to improve the quality of life and health. Deep coaching has the capacity to advise, in meditative practices according to mystical experiences, spontaneously or because it has started some spiritual work.

### **Deep coaching methodology:**

Conversation with the client begins, identifying effectively. Through questions, the coach helps the client define where he is today on an issue, then ask him where he would like to be. From the 2 points (where I am / where I want to be) It generates a gap. Commit, if it is your wish. This part, is of proposed technology, by traditional coaching.

### **And with medicine and psychology? How is it integrated ?:**

Consultation of people with stress symptoms. From Psychiatry, conventional exploration and dysfunctions with specialized treatment. From psychotherapy, psychological elements (over-used defensive mechanisms) are sought, triggered in symptomatic pictures. Approach through an effective psychotherapy school for the level of consciousness in which the picture originates.

### **And how does the interview continue ?:**

With clients with personalities of normal flexibility, through Coaching, it focuses on questioning certain beliefs of the VICTIM, which we all have, in order to bring to consciousness, the beliefs of the protagonist. Victims of conscience, are people who see errors, problems, expect to change the external, another person or the circumstances that touched them: From protagonist clients, the situation is perceived as a challenge, surmountable if they do any learning:

Ex.: A person who is in a victim position, sees stress as a failure, in the world or in it. It is said: "if I earned more money I would have less stress ..." Or, "If a professional guides me in a treatment , it would cure me of the problem ".

From the consciousness of PROTAGONIST, she perceives the world situation as a biochemical condition and personal psychic health, as challenging conditions, she sets out to do something, beyond being cured or remaining the same. You

might ask, why is it a problem for you to have symptoms of stress? In a sequence of questions. It is about installing the gap between the current situation and the desired one of the consultant. It is proposed to initiate a process of expansion of consciousness that allows one to move from the position of victim to that of protagonist.

#### **Victim's Awareness:**

Forget what she was chasing (eg enjoy her children), focus on the problem. "Until I am cured I will not be able to enjoy my children." The person directs all her energies to eliminate the problem situation, instead of pursuing what matters to her.

#### **Consciousness protagonist:**

Consciousness protagonist. The person takes the situation that has been presented as a challenge, to achieve what interests him. In other words, you keep in focus what matters to him. (Ex. in this case enjoy the children) trying to overcome their stress symptoms. The person realizes his existential level. He realizes that it is difficult for him to enjoy his children. He discovers that in times when he was not stressed, he did not enjoy his children as he would have liked. She adopts the existential posture, and can access the experience of "giving thanks to her stress" to help her become aware of the reality that she was not enjoying with her children.

#### **Mystical awakening:**

Diagnosis of mystical awakening. They are cases accompanied by an episode of panic or existential depression, a meditative and / or transpersonal practice with a specialized professional is proposed to the person.



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## **REFERENCIA DE ESTE TEXTO:**

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