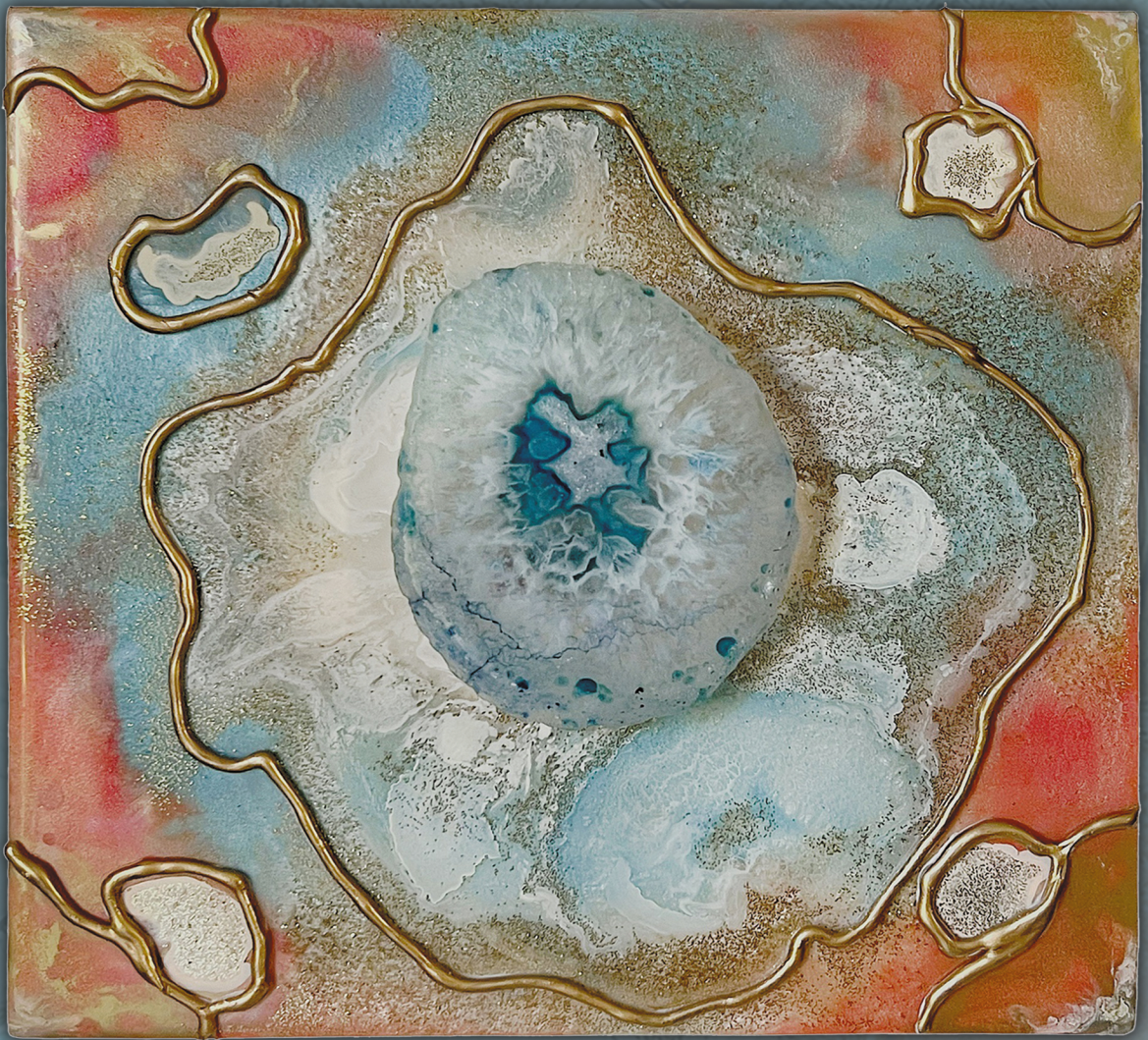


# CASE STUDIES IN SPIRITUAL COACHING

*A Survey Across Life, Wellness and Work Domains*



**DeeAnna Merz Nagel and  
Madison Leigh Akridge**



# **CASE STUDIES IN SPIRITUAL COACHING**

## ABOUT THE EDITORS

**DeeAnna Merz Nagel, D.Th., LPC, LMHC, BCC**, is a licensed psychotherapist and board certified coach. In addition to her specializations in telemental health and online coaching, she teaches the ethical integration of alternative and psychospiritual approaches for coaches and therapists. DeeAnna holds several certifications in the healing arts including Reiki and aromatherapy. She is also co-founder of Online Therapy Institute and provides training, consultation, and clinical supervision across the globe. DeeAnna's doctoral studies focused on multifaith spiritual direction. She is the author of many books, chapters and articles on topics ranging from online therapy and coaching to a psychospiritual approaches in the helping professions. [DeeAnnaMerzNagel.com](http://DeeAnnaMerzNagel.com)

**Madison Leigh Akridge, D.Th., LCSW, BCC, CIHC**, is a licensed therapist and board certified coach. Her background includes a BA in philosophy and Master of Social Work (MSW) and Doctor of Theology (DTh) in Multifaith Spiritual Direction. Madison is also an Author, Reiki Master/Teacher, Doctoral Department Chair/Professor of Spiritual Direction, and Life Coach Educator with training and certifications in a variety of energy/wellness modalities. Madison's approach to therapy, coaching and Spiritual Direction is eclectic and inclusive. She uses a wide variety of intuitive tools in her work with others wanting to explore their soul's purpose and optimize emotional and spiritual energy. [MadisonLeighAkridge.com](http://MadisonLeighAkridge.com)

# **CASE STUDIES IN SPIRITUAL COACHING**

**A Survey Across Life, Wellness and Work Domains**

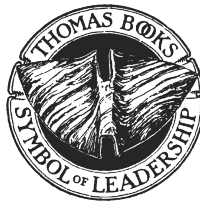
*Edited by*

**DEEANNA MERZ NAGEL, D.TH., LPC, LMHC, BCC**

*and*

**MADISON LEIGH AKRIDGE, D.TH., LCSW, BCC, CIHC**

*(With 27 Other Contributors)*



**CHARLES C THOMAS • PUBLISHER • LTD.**  
*Springfield • Illinois • U.S.A.*



*Published and Distributed Throughout the World by*

CHARLES C THOMAS • PUBLISHER, LTD.  
2600 South First Street  
Springfield, Illinois 62704

This book is protected by copyright. No part of  
it may be reproduced in any manner without written  
permission from the publisher. All rights reserved.

© 2024 by CHARLES C THOMAS • PUBLISHER, LTD.

ISBN 978-0-398-09420-1 (paper)  
ISBN 978-0-398-09421-8 (ebook)

Library of Congress Catalog Card Number: 2023034004 (print)  
2023034005 (ebook)

*With THOMAS BOOKS careful attention is given to all details of manufacturing  
and design. It is the Publisher's desire to present books that are satisfactory as to their  
physical qualities and artistic possibilities and appropriate for their particular use.  
THOMAS BOOKS will be true to those laws of quality that assure a good name  
and good will.*

*Printed in the United States of America  
MX-C-1*

#### **Library of Congress Cataloging-in-Publication Data**

Names: Nagel, DeeAnna Merz, editor. | Akridge, Madison Leigh, editor.  
Title: Case studies in spiritual coaching: a survey across wellness, life  
and work domains / edited by DeeAnna Merz Nagel, D.Th., LPC, LMHC, BCC  
and Madison Leigh Akridge, D.Th., LCSW, BCC, CIHC.  
Description: Springfield, Illinois : Charles C Thomas, Publisher, LTD.,  
[2024] | Includes bibliographical references and index.  
Identifiers: LCCN 2023034004 (print) | LCCN 2023034005 (ebook) | ISBN  
9780398094201 (paperback) | ISBN 9780398094218 (ebook)  
Subjects: LCSH: Personal coaching--Religious aspects. | Executive coaching.  
Classification: LCC BF637.P36 C39 2024 (print) | LCC BF637.P36 (ebook) |  
DOC 158.3--dc23/eng/20230912  
LC record available at <https://lcn.loc.gov/2023034004>  
LC ebook record available at <https://lcn.loc.gov/2023034005>

## CONTRIBUTORS

**Kate Anthony, D.Psych., FBACP, FISMHO, FACTO**, is widely considered to be a leading expert in the use of technology in mental health and coaching. She holds Fellowships for the British Association for Counselling and Psychotherapy, the International Society from Mental Health Online and the Association for Counselling and Therapy Online. She has published five textbooks in the field and is the author of many published articles and chapters over her 25-year career.

**Teri-E Belf, MA, CAGS, the world's first MCC (Master Certified Coach)**, is an inspiring coach pioneer who, since 1987, has helped shape the profession. She coaches with Spirit, honoring and applying the Principles of Spirituality sourced from ageless wisdom in The Kybalion. By being authentic and living her life purpose: to inspire and guide us to take steps towards our dreams, to inspire authentic service to the sacred, she practically incorporates ancient spiritual wisdom.

**Stewart Blackburn, M.S.**, is a writer, counselor, and teacher whose foundation is in shamanic practices, specializing in Huna. He has a Master of Science Degree in Food Science, is an Alaka'i and an ordained minister through Huna International, is the author of two books with a third coming soon and teaches classes online entitled Get to Know Your Inner Self and Huna.

**Emma Bragdon, PhD (Transpersonal Psychology)**, was first licensed as a Marriage, Family, Child Therapist in 1988. She is the founder and Executive Director of Integrative Mental Health University, IMHU.org, which offers 40+ online courses. She also trains and certifies Spiritual Emergence Coaches®. Emma has published 7 books and co-produced two documentary films on themes related to the positive potential of spirituality in maintaining wellness.

**Wendy Bright Fallon, NBC-HWC**, is a National Board Certified Health and Wellness Coach, Precision Nutrition Coach Certified L1 and an Optimize Coach and a graduate of the Institute for Integrative Nutrition (IIN). In 2008, she began coaching after 15 years of corporate work. In 2014 she co-founded Nourish Coaches with Debbie Peterson. Together, they co-authored two cookbooks, run a popular podcast - *Nourish Noshes*, and are sought after

speakers. Wendy is an avid gardener and nature enthusiast living in NJ with her husband and three rescue kitties.

**Andy Campbell, BSc, BA, MA**, is a qualified coach and trainer in accredited First Aid for Mental Health. His background is in youth, community and education - with considerable experience in the faith sector. He has a particular interest in helping those in pastoral roles find authentic ways to resource and better look after themselves, especially in the areas of wellbeing and mental fitness.

**V. Anasha Chavez- Asforis, MSW, BSW**, is a native of East New York, Brooklyn. She received both her Bachelor's and Master's degree from Syracuse University's School of Social Work. She is currently the Chief Executive Officer and Founder of Sangha Living. Sangha Living is a healing home, a place of refuge for those who desire to experience what "living life on purpose" feels like. She currently lives in Memphis, Tennessee with her two sons.

**Nicole Dobinson, HBA, BBC, Hogan Cert, Pipe Holder DTMMS**, is an NLI Certified Coach and Trainer with accreditations from MIT's Presencing Institute and Executive Training branches of Harvard and Schulich's School of Business. She combines the best of modern science with ancient wisdom to achieve authentic, embodied, and transformative coaching outcomes. Nicole is a Pipe Holder with 10+yrs of teachings and ceremonial practice as part of the Sweet Medicine SunDance Path.

**Jade Eby, CTRC-S**, is a certified Trauma Recovery and Storytelling Coach. She also holds certifications in group facilitation, group coaching, and workshops for journaling and writing. She earned her B.A. in English and Creative Writing from the University of Iowa. Jade is also the creator of the Writing Fiction to Heal method, and her book, *Forged in Fire: Writing Fiction to Heal*, will be released in early 2023 with Yoke & Abundance Press.

**Gay Norton Edelman** is a writing coach who acquired her coaching skills during her 40-year career as a magazine editor specializing in psychology, spirituality, and relationships. She currently coaches with Project Write Now, a non-profit writing studio in Red Bank, NJ. There, and privately as a spiritual coach, she supports clients to attend their deepest personal and creative needs.

**Don Eisenhauer, MCC**, holds a doctorate in Counseling, and is a Master Certified Coach, accredited by the International Coaching Federation. He is the founder and president of Coaching at End of Life, LLC (coachingatendoflife.com), providing end of life training, resources, and coach certification. In addition to doing end of life coaching and leading grief support groups, Don served as a pastor and as a Hospice Chaplain and Bereavement Coordinator.

**Gina G. Gephart, D.Th., D.Min., CH.D., M.Th., M.Ed., B.A.**, is the creator of the I AM INSPIRED™ Coaching Model; SCORES™ Educational Model,



Executive Director of the Spiritual Coaching Institute; Vice President of the Association of Clinical Pastoral Psychotherapists; Provost at the University of Theology and Spirituality; keynote speaker, course developer, trainer, teacher, mentor, and mom. Dr. Adams also maintains a trauma-informed coaching practice serving international and domestic clientele. [ginagephart.com](http://ginagephart.com)

**Izzy Harbin, M.Div., MSW, B.S.**, is pastor at First Congregational UCC in Elkhart, Indiana. Izzy received her B.S. in Education from GA College and State University, an MSW from Valdosta State University, an M.Div. from Lancaster Theological Seminary, and is currently pursuing a Doctorate in Ministry from Christian Theological Seminary. Izzy specializes in trauma and substance use disorders and is doing doctoral research on LGBTQIA clergy and their path to ordination.

**Alan D. Harris, D.Th., MBA, M.Ed., BCC**, earned his doctorate in Multifaith Spiritual Direction with the University of Theology & Spirituality, and also holds a M.Ed. in Counseling from the University of Missouri-Columbia. Alan is a trained spiritual director, and is board certified in clinical chaplaincy, life coaching, and grief recovery. Alan's professional offerings are in the areas of spiritual direction, grief support, and life & spiritual coaching. Alan also serves on the psychology adjunct faculty at Avila University.

**Jessica Hawkins, MA, ACC**, is an Internationally Accredited Coach, Conflict Trainer and Mediator. Jessica holds a BA Hons in Psychology and a Master's Degree in Conflict Transformation. Her academic research through the UNESCO Chair for Peace Studies explored the intersection between Solution-Focused Coaching and Conflict Transformation. Using innovative tools and frameworks Jessica helps individuals, groups and leaders develop their conflict competence, face challenging conversations, and work with intense emotions in a Solution-Focused way.

**Kerri Jo Husman, MD**, is an integrative psychiatrist, certified health coach and holistic healer in Iowa City, IA. She is co-owner of Eastwind Healing Center, which provides over 50 services to support health and wellness. Additionally, she currently serves on the executive committee of the Association for Comprehensive Energy Psychology, an organization committed to expanding education, research, and awareness of prompt and lasting changes that can occur when combining subtle energy system support with coaching and psychotherapy.

**Pam Watson Korbel, MBA**, is a trained Ignatian spiritual director and leadership coach who resides in Denver, Colorado. She holds a Certificate in Soul Care from Denver Seminary and is certified as a coach/trainer by the Institute for Social and Emotional Intelligence based in Denver. Pam focuses her energy on multi-faith spiritual direction and retreats.

**Debbie Peterson, NBC-HWC**, is a National Board Certified Health and Wellness Coach and a graduate of the Institute of Integrative Nutrition. As a

wife and mother of two she is a former chapter leader of the Holistic Moms Network. Debbie's undergraduate degree is in Psychology and she received her Master's degree in creative writing leading to her first career as a college instructor. When not working, she can be found in her front yard garden, on the tennis court, or spending time with her family.

**Ellen Neiley Ritter, Ph.D., BCC**, is the Dean of Students at The Institute for Life Coach Training, one of the leading international coach training programs approved by both the International Coach Federation and the Center for Credentialing & Education. She serves on the Association of Coach Training Organization's Membership and Scholarship Committees.

**Vibha Sharma**, CEO and Founder of cosmicways.com, is a Mindful Leadership, Personal Transformation Life Coach, and ICF certified coach (PCC). She empowers corporate leaders and executives, helping them overcome limitations, tap into inner power, and transform lives. Featured on FOX, NBC, and ABC, she authored two #1 International Bestsellers. Recognized with prestigious awards like the 'International Woman Icon Award' and 'Outstanding Leadership Award,' she serves as a Global Goodwill Ambassador and San Francisco Chapter Chairperson for Mindfulness.

**Cedric Speyer, M.A., M.Ed.**, is an author, Registered Psychotherapist (inactive), and presently a mentor to coaches, counsellors and therapists. He pioneered e-counselling in Canada, overseeing 100K online cases before establishing InnerView Guidance International (IGI). The vision of IGI brings together the historically separate domains of mental health and spiritual awareness in a new synthesis for the helping professions. <https://www.innerviewguidance.com/>

**Gerlando Spoto, PCC**, is a Coach and Coach Educator, practicing coaching and instructing new Coaches for certification to help individuals identify their life purpose to live free and in harmony with who they are. His Spiritual approach allows him to observe the wisdom that comes to us from nature to grasp the teaching that experiences contain and put it at the service of others to generate awareness and evolution.

**Elizabeth-Anne Stewart, Ph.D., D. Min, BCC, PCC** is a Board-Certified life coach, author, and spiritual director with over thirty years' experience offering inner guidance, retreats, and seminars. On faculty at the Institute for Life Coach Training, she currently serves as Director of Education for ThrivingTogether, an ICF-certified ministerial coach training program at Catholic Theological Union. As part of her commitment to the coaching profession, she volunteers as an official facilitator for WBECS (World Business & Executive Coach Summit).

**Cindy Keith Vianna** guides individuals and couples towards living the soulful, purpose-driven life they want and deserve. She holds a BA in International Business and a MS in Project Management. Cindy is an Intuitive

Wellness Coach Practitioner (IWCP) through Essential Soul Care Academy. Spiritual Life Coach through Dharma Coaching Institute, and a practicing Usui Reiki Master Teacher. In her approach she helps her clients develop a blueprint of their dream life and relationship and guides them to living it. IG: @cindykeithvianna\_coaching

**Patrick Williams, EdD, MCC, BCC**, has been a coach for 4 decades. Pat is a founding member of the ICF and is an inaugural member of its Circle of Distinction, a Master Certified Coach, a Board-Certified Coach, an author of many books, and teaches and mentors aspiring coaches. Given his professional background and training over 4 decades, he provides a whole person approach in all his coaching assignments . . . it's not just business.

**Marc D. Wilson, D.Min., BCC**, is a Board Certified Coach and licensed K-12 School Counselor. He holds a Doctor of Ministry degree. With 30 years as a Licensed Professional Counselor, National Board Certified Counselor, and ordained minister, he is the founding member of S.A.L.T. Ministries in New Mexico. Marc specializes in vocational discernment, strengths appreciation, and spiritual formation within co-creative learning alliances that discover life's purpose for well-being.

**John Yaphe, MD, MCISc**, is a family physician and associate professor in the School of Medicine of the University of Minho. He has been an online counsellor since 2004 and published articles and chapters on the subject. He is co-author of *Applications of a Psychospiritual Model in the Helping Professions: Principles of InnerView Guidance*. John is a member of the Mekor Haim Synagogue in Porto, Portugal.





*To Kate Anthony – you have been a wonderful friend and my academic muse for over 2 decades. Thank you for all you have done to further our joint teachings. We did make a difference way back in the day, and now we do it again in a different way.*

*~D.A.*

*For the dear ones in my Inner Sanctum – my love, my family, my friends, and my colleagues – you have each had such a deep impact in my life and on my work. Your unconditional love, support, and encouragement have been the fuel for my inner fire and the sparks that lit my creativity. Oh, and for Jasper, my furry feline writing partner, who reminded me to get up and play in between editing sessions – your ability to keep me on my toes is priceless.*

*~M.A.*





## INTRODUCTION

*DEEANNA MERZ NAGEL AND MADISON LEIGH AKRIDGE*

What happens when you set out to teach on the topic of spiritual coaching, and discover there is almost no professional literature on said topic? That is the impetus for this book. We decided to bring in the masters of the field and ask them to write! Our mission was clear: bring together both seasoned spiritual coaches who have influenced this new and growing area of the coaching profession, and new spiritual coaches who bring their own diverse knowledge. We would have them describe their work in a diverse array of case studies, with their wide range of backgrounds and approaches, so that others can learn. Along the way, too, we would create a de facto community of those doing this important work.

Both editors are certified coaches as well as licensed mental health practitioners in the counseling and social work fields. They have long known that “Spiritually Integrated Psychotherapy” and “Spiritually Informed Social Work” are prominent teachings in counseling and social work. They have used these concepts integrally in their practices. But they discovered that the literature falls woefully short when the terms *spiritually integrated* and *spiritually informed* are applied to the field of coaching. These terms needed to be more fully developed. The goal of this book is to offer guidance for the coach whose client brings direct or indirect spiritual content into the coaching session. Each chapter highlights established coach skills such as active listening, powerful questioning, and goal setting.

## CHAPTER SUMMARIES

In Chapter 1, “Spiritually Integrated Coaching: Case in Point,” DeeAnna Merz Nagel and Gay Norton Edelman introduce “spiritually integrated” and “spiritually informed” definitions to the profession of coaching and focuses on delineating coaching from counseling as well as spiritual coaching from spiritual direction. The authors explain the difference between implicit and explicit

spiritual content within a coaching session, setting the stage for understanding the case examples that follow from the direct vs indirect point of view.

In Chapter 2, “A Spirited Coach Approach to Breaking Writer’s Block,” Gay Norton Edelman and Ellen Neiley Ritter introduce coach competencies within the context of a session between a coachee and a writing coach and focuses on depicting how the competencies are utilized through the case example. The authors explain the scope of a writing coach and demonstrate how the competencies can be integrated into a niche specialism.

In Chapter 3, “Healing Through Fiction: An Integrative Approach to Storytelling Coaching,” Jade Eby introduces the effective integration of writing fiction for the purposes of self-alignment, self-introspection, greater connection with Spirit, and healing. The author demonstrates taking a painful experience and turning the experience to the page in a very different fictionalized story.

In Chapter 4, “Jacob’s Story: The Art of Spiritual Storytelling in Coaching,” John Yaphe, Cedric Speyer and DeeAnna Merz Nagel introduce text-based work with clients and focus on building empathy within textual relationships. The authors demonstrate that the writing medium can create an enhanced coaching experience when coupled with spiritual storytelling and the added benefit of perceived anonymity allows the client’s story to unfold.

In Chapter 5, “Reading Between the Lines: Numinous Moments in Online Coaching,” DeeAnna Merz Nagel and Kate Anthony introduce the concepts of presence and numinosity within an online coaching case example and focuses how an online professional relationship is formed. The authors explain nonlocal presence and demonstrate the numinous moments within the online coaching process.

In Chapter 6, “Haiku CPR: Meditation, Introspection, and Soul Expression,” Madison Leigh Akridge introduces Haiku as a contemplative tool and focuses on creative expression and personal expansion. The author explains how to create a Haiku and how to use the Haiku CPR Method to process thoughts, feelings and/or behaviors as they relate to felt experiences and environmental factors. The case study demonstrates the effective use of the Haiku CPR Method.

In Chapter 7, “Coaching for Clarity: Pairing Contemplative Writing Prompts with Essential Oils,” DeeAnna Merz Nagel introduces a sensory experience into the coaching process, matching essential oils with journal prompts. Contemplative writing as a tool for gaining clarity is the session focus. The author additionally explains how the olfactory sense can create a somatic coaching experience and demonstrates this step-by-step group coaching activity.

In Chapter 8, “Perimenopause: Coaching Change with Grit and Grace,” Wendy Bright-Fallon and Debbie Peterson introduce the concepts of “grit” and

“grace” focusing on setting clear boundaries and engaging in self-care. The authors explain the process of change as women age and demonstrate how group coaching can create an intimate space for individual goal attainment.

In Chapter 9, “Navigating Change to Physical Ability in Middle Age,” V. Anasha Chavez-Asforis and Madison Leigh Akridge introduce the Soul Trek art-based self-empowerment series, which focuses on mindfulness practices and personal growth. The authors explain how to utilize the Soul Trek series and demonstrate the power of change in mind, body and spirit when applying mindfulness techniques to one’s daily practice.

In Chapter 10, “Spiritual Recovery Coaching: Reconnecting with Source and Self,” Izzy Harbin and Madison Leigh Akridge introduce spiritual recovery coaching, which focuses on not only recovery, but self-discovery as well. The authors explain the potential benefits of merging spirituality and recovery coaching and demonstrate the movement that can occur when inviting one’s Higher Self and Source into the work.

In Chapter 11, “Breaking the Silence: Coaching at the End of Life,” Don Eisenhower introduces end of life coaching and focuses on deep listening skills as well as a belief that the person dying or grieving knows their own story best. The author explains the topics covered during the coaching process and demonstrates client transformation as a result of being seen and heard.

In Chapter 12, “Coaching the Pandemic: Finding a New Balance,” Andy Campbell introduces the use of spiritual coaching to address issues related to functioning during the pandemic and focuses on internal and external influences that effect the overall sense of well-being. The author explains and demonstrates how to move from conflict to calm in the midst of navigating the pandemic.

In Chapter 13, “Female Physician Growth: Beyond Burnout and Loss,” Kerri Jo Husman introduces the use of Comprehensive Energy Psychology and Healing Touch to assist a physician who is faced with “burned out.” She focuses on assisting the client through using coaching skills in addition to alternative healing methods. The case demonstrates that this combination enabled the coachee to become more self-aware and able to prioritize her needs.

In Chapter 14, “An Appreciative Approach to Spiritual Coaching,” Marc D. Wilson introduces appreciative inquiry as a method of strengthening congregational goals in a church setting and focuses on the co-creative alliance with Spirit. The author explains the connection of theory and practice in spiritual coaching and demonstrates how building a transformative partnership can lead to positive outcomes.

In Chapter 15, “Soul-Centered Coaching: Spirituality and Mindfulness in Life and Career,” Vibha Sharma introduces the concept of abundance and focuses on various holistic, spiritual, mindful, and metaphysical tools

for personal and professional transformation. The author explains the Law of Attraction and demonstrates the usefulness of these tools in harnessing abundance within three short case vignettes.

In Chapter 16, “Whole Person Coaching with the Executive: from Transactional to Transformational,” Patrick Williams introduces the idea of “coaching the whole person” utilizing powerful inquiry and additional coaching tools. The author explains Jung’s concept of shadow and demonstrates how illuminating what is hidden in the dark can assist the coachee and bring successful outcomes.

In Chapter 17, “Foundational Principles and Competencies Underlying Coaching with Spirit,” Teri-E Belf and Gerlando Spoto introduce 4 ancient wisdom spiritual principles and focus on applying these principles to the spiritual coaching process. The authors explain the holistic application of this wisdom and demonstrate how life coaching, the coaching competencies, spiritual principles, and Logical Levels transfer to any form of coaching.

In Chapter 18, “Spiritual Emergence Coaching,” Emma Bragdon introduces the concept of Kundalini and assists her client through the process of a spiritual awakening as well as the symptoms that accompany the spiritual emergence. The author utilizes coaching skills and demonstrates that through proper guidance, sovereignty can be achieved.

In Chapter 19, “The Journey of Gender: Coaching with Fluidity,” Izzy Harbin and Madison Leigh Akridge introduce coaching clients with gender identity as a point of focus. The authors explain the importance of taking a whole-person approach to coaching, interweaving spirituality, and soul work. The case vignette demonstrates how this holistic and introspective approach promotes an enhanced knowledge of one’s true self.

In Chapter 20, “Spiritual Life Coaching: A New Paradigm for Relationships,” Cindy Keith Vianna introduces the concept of spiritual awakening and focuses on the client’s awakening having emerged after a “twin flame” encounter. The author assists the client in realizing her own dreams and desires and demonstrates that through coaching techniques such as Socratic questioning and the use of visualization, relationship expectations can be self-determined.

In Chapter 21, “Coaching with the Symbolic Imagination,” Elizabeth-Anne Stewart introduces pairing imaginative exercises and artwork with traditional coaching and focuses on working with the symbolic imagination. The author explains the Image Guidance process, which involves the client’s own unique imagery. She demonstrates how this is utilized to effect change, thus aiding in the client’s journey to finding happiness and life purpose.

In Chapter 22, “A Three-Pronged Approach to Spiritual Coaching,” Jessica Hawkins and Cedric Speyer introduce 3 models, or lenses, which provide a framework for focusing on work that is client-directed and strengths-based. The authors explain how spiritually integrated coaching practices utilize these

3 lenses and demonstrate the processes that empower the client to become the expert on their own life.

In Chapter 23, “Combining Spiritual Direction with Life Coaching,” Alan Harris introduces the successful integration of spiritual direction and life coaching while focusing on the client’s spiritual and behavioral growth. The author demonstrates how the client’s use of music and poetry in conjunction with spiritual direction and coaching allowed her to reach her goals.

In Chapter 24, “Combining Emotional Intelligence Coaching with Spiritual Direction,” Pam Watson Korbel introduces the interweaving of emotional intelligence coaching with spiritual direction. The case study demonstrates client transformation by using the principles of Ignatian spirituality with an emotional intelligence model.

In Chapter 25, “Emotional Wellness Coaching: The I AM Inspired Coaching Model,” Gina G. Adams introduces how the I AM Inspired coaching model, which is an integrated psychospiritual, biological, relational, emotional transformation change model that focuses on congruence and alignment with the divine Self. The author explains how this coaching model works and demonstrates how it supports coaches and others in helping professions to facilitate a sacred journey toward wholeness for the client.

In Chapter 26, “Utilizing Shamanic Wisdom in Coaching,” Nicole Dobinson introduces ancient shamanic knowledge combined with neuroscience, somatic mind/body, and emergence-based tools and focuses on coaching skills such as deep listening, generative dialogue, and powerful questions. Through the case example, the author demonstrates the coachee’s journey of unbecoming and becoming.

In Chapter 27, “Coaching and Huna: An Ancient Approach to Mind, Body, Spirit,” Stewart Blackburn and Madison Leigh Akridge introduce the shamanic philosophy of Huna, which focuses on 7 principles of living and 3 aspects of being. The authors explain the application of these principles and aspects of being. The case study demonstrates a pathway to resolving issues in a holistic way that is both heart-centered and mind/body focused.

In Chapter 28, “Psychospiritual Coaching with Essential Soul Care,” DeeAnna Merz Nagel and Madison Leigh Akridge introduce Essential Soul Care, a psychospiritual model that focuses on maintaining balance and creating expansive life opportunities. The authors explain the model’s key elements and tools, demonstrating how they can be availed within a coaching session to teach self-help rituals that can further enhance personal growth.

The book concludes with the editors’ thoughts on the future of spiritual coaching with a specific call to action.



### **NOTE ON THE SCOPE OF THE TEXT AND LANGUAGE USED**

The scope and language of the book has been kept as internationally applicable as possible, while US and non-US spellings (e.g., “counselor” or “counsellor”) have generally been retained to reflect each author’s original use in their own country and to maintain each author’s dialect. Some words are interchangeable and reflect the preference of the practitioner such as coachee vs client.

### **NOTE ON CASE STUDIES AND CLIENT CONFIDENTIALITY**

The case studies offered in this book are compilations of various cases, also referred to as composite summaries. Identifying information has been removed and the client’s story has been shaped to maintain confidentiality. This book does not contain any verbatim cases.

## ACKNOWLEDGMENTS

We would like to thank the authors who contributed to this volume for their wide-ranging expertise and their patience, the team at Charles C Thomas, our mentors at Capstone University, Marilyn Silverman who served as our “third-party” editor, Gay Norton Edelman who served to get us unstuck, and our friends, families and the many colleagues too numerous to mention, and particularly, our students who never cease to inspire.



# CONTENTS

	<i>Page</i>
INTRODUCTION – <i>DeeAnna Merz Nagel &amp; Madison Leigh Akridge</i> . . .	vii
Chapter 1. SPIRITUALLY INTEGRATED COACHING: CASE IN POINT – <i>DeeAnna Merz Nagel &amp; Gay Norton Edelman</i> . . . . .	3
Chapter 2. A SPIRITED COACH APPROACH TO BREAKING WRITER’S BLOCK – <i>Gay Norton Edelman &amp; Ellen Neiley Ritter</i> . . . . .	9
Chapter 3. HEALING THROUGH FICTION: AN INTEGRATIVE APPROACH TO STORYTELLING COACHING – <i>Jade Eby</i> . . . . .	18
Chapter 4. JACOB’S STORY: THE ART OF SPIRITUAL STORYTELLING IN COACHING – <i>John Yaphe, Cedric Speyer &amp; DeeAnna Merz Nagel</i> . . . . .	26
Chapter 5. READING BETWEEN THE LINES: NUMINOUS MOMENTS IN ONLINE COACHING – <i>DeeAnna Merz Nagel &amp; Kate Anthony</i> . . . . .	34
Chapter 6. HAIKU CPR: MEDITATION, INTROSPECTION AND SOUL EXPRESSION – <i>Madison Leigh Akridge</i> . . . . .	42
Chapter 7. COACHING FOR CLARITY: PAIRING CONTEM- PLATIVE WRITING WITH ESSENTIAL OILS <i>DeeAnna Merz Nagel</i> . . . . .	52
Chapter 8. PERIMENOPAUSE: COACHING CHANGE WITH GRIT AND GRACE – <i>Wendy Bright-Fallon &amp; Debbie Peterson</i> . . . . .	60

Chapter 9. NAVIGATING CHANGE TO PHYSICAL ABILITY IN MIDDLE AGE – <i>V. Anasha Chavez-Asforis &amp; Madison Leigh Akridge</i> . . . . .	69
Chapter 10. SPIRITUAL RECOVERY COACHING: RECONNECTING WITH SOURCE AND SELF – <i>Izzy Harbin &amp; Madison Leigh Akridge</i> . . . . .	77
Chapter 11. BREAKING THE SILENCE: COACHING AT THE END OF LIFE – <i>Don Eisenhower</i> . . . . .	84
Chapter 12. COACHING THE PANDEMIC: FINDING A NEW BALANCE – <i>Andy Campbell</i> . . . . .	89
Chapter 13. FEMALE PHYSICIAN GROWTH: BEYOND BURNOUT AND LOSS – <i>Kerri Jo Husman</i> . . . . .	96
Chapter 14. AN APPRECIATIVE APPROACH TO SPIRITUAL COACHING – <i>Marc D. Wilson</i> . . . . .	104
Chapter 15. SOUL-CENTERED COACHING: SPIRITUALITY AND MINDFULNESS IN LIFE AND CAREER – <i>Vibha Sharma</i> . . . . .	113
Chapter 16. WHOLE PERSON COACHING WITH THE EXECUTIVE: FROM TRANSACTIONAL TO TRANSFORMATIONAL – <i>Patrick Williams</i> . . . . .	123
Chapter 17. FOUNDATIONAL PRINCIPLES AND COMPETENCIES UNDERLYING COACHING WITH SPIRIT <i>Teri-E Belf &amp; Gerlando Spoto</i> . . . . .	130
Chapter 18. SPIRITUAL EMERGENCE COACHING <i>Emma Bragdon</i> . . . . .	140
Chapter 19. THE JOURNEY OF GENDER: COACHING WITH FLUIDITY – <i>Izzy Harbin &amp; Madison Leigh Akridge</i> . . . . .	148
Chapter 20. SPIRITUAL LIFE COACHING: TWIN SOUL AWAKENING – <i>Cindy Keith Vianna</i> . . . . .	154



Chapter 21. COACHING WITH THE SYMBOLIC IMAGINATION – <i>Elizabeth-Anne Stewart</i> . . . . .	163
Chapter 22. A THREE-PRONGED APPROACH TO SPIRITUAL COACHING – <i>Jessica Hawkins &amp; Cedric Speyer</i> . . . . .	170
Chapter 23. COMBINING SPIRITUAL DIRECTION WITH LIFE COACHING – <i>Alan Harris</i> . . . . .	180
Chapter 24. COMBINING EMOTIONAL INTELLIGENCE COACHING WITH SPIRITUAL DIRECTION <i>Pam Watson Korbøl</i> . . . . .	191
Chapter 25. EMOTIONAL WELLNESS COACHING: THE I AM INSPIRED COACHING MODEL – <i>Gina G. Adams</i> . . . . .	199
Chapter 26. UTILIZING SHAMANIC WISDOM IN COACHING <i>Nicole Dobinson</i> . . . . .	211
Chapter 27. COACHING AND HUNA: AN ANCIENT APPROACH TO MIND/BODY/SPIRIT – <i>Stewart Blackburn &amp; Madison Leigh Akridge</i> . . . . .	220
Chapter 28. PSYCHOSPIRITUAL COACHING WITH ESSENTIAL SOUL CARE <i>DeeAnna Merz Nagel &amp; Madison Leigh Akridge</i> . . . . .	229
CONCLUSION – <i>DeeAnna Merz Nagel &amp; Madison Leigh Akridge</i> . . . . .	236
<i>Name Index</i> . . . . .	243
<i>Subject Index</i> . . . . .	245



# **CASE STUDIES IN SPIRITUAL COACHING**



# **Chapter 1**

## **SPIRITUALLY INTEGRATED COACHING: CASE IN POINT**

*DEEANNA MERZ NAGEL AND GAY NORTON EDELMAN*

*Keywords:* spiritually integrated, spiritually informed, spiritually conscious

### **COACHING AS A PROFESSION**

Coaching organizations have strived to present coaching as a distinct profession that stands apart from their kin in the helping professions (e.g., counseling, consulting, and mentoring). While coaching has its roots in psychology, and particularly in the field of positive psychology, coach theory and application remains an approach that can stand alone and apart from counseling, consulting, and mentoring. For comparison, we shall examine the distinctions between coaching and counseling (the latter is also referred to as therapy and psychotherapy). Generally, coaching is not a regulated profession with a legally defined scope of practice, while counseling is regulated in many countries with specific rules regarding practice scope. Instead, coaching is guided by professional organizations offering competencies and ethics codes to guide the coach professional (Anthony & Nagel, 2021).

### **DISTINCTIONS BETWEEN COACHING AND COUNSELING**

The main distinctions between coaching and counseling are further defined here and summarized from Anthony & Nagel (2021). Coaching and counseling are two approaches to addressing life challenges. Both involve working with a qualified professional who can assist in setting goals, providing support, offering guidance, and giving feedback. The key difference between these

two methods is that coaching emphasizes developing skills and behaviors for growth, while counseling often focuses on healing past wounds and processing emotional pain. Both disciplines share some of the same skills and techniques, such as active listening, powerful questioning, and goal setting.

Counseling is a discipline that helps individuals cultivate a meaningful and fulfilling life by exploring how emotional or cognitive processes interfere with one's functioning. Through the counseling process, clients connect with underlying emotions and gain valuable insight into how those feelings shape their lived experiences. Counseling sessions may focus on one's past, present, or future with an emphasis on creating a safe place to manage symptoms associated with anxiety, depression, trauma, stress, or other mental health issues. By delving into past events and understanding why certain situations produce reactions, counselors can actively help their clients mitigate these issues and establish healthy coping behaviors. Counselors generally work with people who are in a state of dysfunction, and the goal of counseling or therapy is to bring them to a state of function.

Coaches typically work with individuals who have either worked through historical trauma, or who have not experienced previous trauma that has impacted their lives in any undo negative way. They are ready to take the next steps needed for personal growth and development. Although there may be an emotional element in a coaching session, clients remain focused on their objectives and benefit from the support provided by their coach.

During these sessions, the coach asks questions that help clients connect to inner resources to best support a course of action for success. Coaches aid in this journey of self-discovery so that clients can tap into what they need to live out their vision and make meaningful changes in their lives. Coaching focuses on the individual's strengths rather than attempting to correct deficits. Coaching does not involve diagnosis; therefore, coaching stays "above the wellness line." Coaches do not work with clients who are in a state of dysfunction, but rather, they work with functioning clients who need guidance with reaching specific life, well-being, or work goals.

## **DISTINCTIONS BETWEEN RELIGION AND SPIRITUALITY**

Now that we have distinguished coaching from counseling, let us define religion and spirituality as we approach a further understanding of spiritual coaching and spiritually integrated coaching.

According to the *Oxford Dictionary*, religion is defined as "a particular system of faith and worship," while *Merriam-Webster* defines religion as "a personal set or institutionalized system of religious attitudes, beliefs, and practices." Both definitions include the word "system" which implies an organized process.



*Oxford* defines Spirituality as “the quality of being concerned with the human spirit or soul as opposed to material or physical things.”

A more recent definition of Spirituality offered by Fortino (2022, p. 7) is as follows:

...the essence that inhabits our bodies and animates us. Some may refer to it as Consciousness. Spirituality is the act of connecting with Spirit through all of our primary known senses (sight, touch, taste, hearing, and smell) and unknown senses (perceptions that cannot be named but are experienced.... Some people call Spirit that is bigger than/connects all of us by the names of God, Creator, Jah, Divine Spirit, Source, Allah, and Elohi, just to name a few.

## **SPIRITUAL COACHING**

This brings us to the ultimate question at hand: What is spiritual coaching? As we have emphasized, we must understand the differences between counseling and coaching. To reiterate, counseling works to address maladaptive behaviors that cause dysfunctional living. Coaching is more proactive, focusing on client goals and outcomes with coach guidance.

We must also recognize the differences between Spiritual Direction and spiritual coaching. Spiritual Direction is the practice of discussing and journeying with people in order to experience a connection with the Divine who goes by many names, including God, and no name at all. Spiritual Direction is nondirective, and while spiritual exercises may be utilized, Spiritual Direction is much more about sacred listening so that the directee's spiritual story may unfold. A spiritual director serves as a midwife for the soul, assisting others in the development of their own spiritual growth and development. In this way, spirituality is a direct experience of this process.

On the other hand, spiritual coaching is proactive, focusing on client goals and outcomes but through a spiritual lens. Spirituality is imbued into the coaching process, but this may be a direct or indirect experience of the process. While some coaches may specifically refer to themselves as spiritual coaches, many others across the coaching profession also address spiritual topics within the coaching relationship. Whether one is specifically a spiritual coach or uses other titles such as life, wellness, or executive coach, spirituality often shows up as a topic to be explored and discussed. Spirituality may show up directly as a client discusses an experience while participating in a religious ceremony, or spirituality may be expressed indirectly such as describing the benefits of art, community, physical activities, or nature (Lasley, Kellogg, Michaels & Brown, 2015).

It is important to note that spiritual coaching may or may not involve religion. Some coaches are faith-based. For instance, a Christian coach might identify as a spiritual coach. A devout Christian might seek out support from that coach and receive suggestions for Bible passages to read or engage in other exercises utilizing sacred texts or practices from within the client's chosen religion.

Other spiritual coaches may operate outside the bounds of religion, though they may draw in part from some of these traditions. These coaches pull from an eclectic assortment of tools, including Reiki, yoga, essential oils, and the abundance of literature around mindfulness. Where a religion-based coach/client dyad might select prayer from their tradition as part of a coaching session, a spiritually based pair might use a guided meditation. Both might use a writing exercise, with prompts drawn from their respective specialties.

We posit that coaching can be a spiritually integrative process. The coach who realizes the direct or indirect spiritual content the client brings to the coaching process, regardless of title, is practicing spiritually integrated coaching. We will now summarize the existing literature regarding spiritually integrated psychotherapy to understand how these concepts can apply to the coaching profession as well.

## **SPIRITUALLY INTEGRATED PSYCHOTHERAPY**

Spiritually integrated psychotherapy seeks to explore the ways in which spirituality, religion, and the search for meaning influence their own lives and the lives of their clients (Spiritually Integrated Psychotherapy [SIP] Program, n.d.). Spiritually informed social workers believe that integrating an understanding of religion and spirituality into their work, and harnessing the parts that help with resilience and strengths-building (for those clients who want to), can support behavioral and psychological work (Dombo, 2022).

According to Saunders (2010) spiritually conscious psychological care can be placed on a continuum ranging from outright avoidance to direct and explicit focus. At one end of the continuum is spiritually avoidant care where the practitioner attempts to avoid issues related to spirituality and at its extreme, the practitioner will avoid spiritual content entirely even as the client may request a discussion. At the other end of this continuum, spiritually directive psychotherapy is characterized by the practitioner's explicit and deliberate focus on the client's spirituality with an end goal of assisting clients in resolving issues by maintaining or transforming religious/spiritual beliefs and behaviors. In between, the continuum holds space for the spiritually conscious (informed) practitioner and the spiritually integrated practitioner holding space for the client's spiritual process within the therapeutic relationship, but

This text addresses a major problem in teaching and informing practitioners and trainees about the application of spirituality within the field of coaching. Its purpose is to inform the coaching profession about how spirituality is being utilized by various coaches across the life, wellness, and executive coach domains. The goals are to provide definitions, applications, ethical considerations, and speculation on the future of the profession on a wide range of applications. The content of the book will be a succinct series of case studies while providing cutting-edge tools and interventions for the coaching profession. Both editors are certified coaches as well as licensed mental health practitioners in the counseling and social work fields. The goal of this book is to offer guidance for the coach whose client brings direct or indirect spiritual content into the coaching session. Each chapter highlights established coach skills such as active listening, powerful questioning, and goal setting. The text brings together both seasoned spiritual coaches who have influenced this new and growing area of the coaching profession, and new spiritual coaches who bring their own diverse knowledge. The contributors describe their work in a diverse array of case studies, with their wide range of backgrounds and approaches, so that others can learn. *Case Studies in Spiritual Coaching* can be used as a primary text for courses that teach spiritual or intuitive coaching and/or courses that teach any coaching domain such as life coaching, wellness coaching, or executive coaching. This book may also be used as an adjunct text for courses that include an introduction to spirituality within the coaching profession.

Cover art from original signed artwork "Harmonious Energy" by Krista Lynn of [www.kristalynndesigns.com](http://www.kristalynndesigns.com).



I S B N 978-0-398-09420-1

