



Conscious Life presents

Therapeutic Coaching for Anxiety

Guest: Anna Duschinsky

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[00:00:10] Alex Howard

Welcome everyone to this interview, where I happen to be talking to one of my best friends on planet Earth. We are going to be talking about the Therapeutic Coaching methodology that Anna and I have spent the last 20 years creating together, and particularly how it applies to anxiety.

To give Anna's professional bio background. Anna holds a degree in languages and linguistics from Cambridge University and has numerous qualifications in solution-based psychological approaches to mind-body healing.

Anna was the founding Director of Psychology at the Optimum Health Clinic, which is part of the same group that runs this conference, through Conscious Life. For the first ten years, she was responsible for developing the Psychology Department to its current level of international recognition.

Then for the ten years since then, she has been Course Director of our Therapeutic Coaching practitioner training and has played a crucial role in the development of the Therapeutic Coaching model alongside me. Anna, welcome, and thank you for joining me.

Anna Duschinsky

Thank you. Nice to be here.

Alex Howard

Why don't we start with contextualizing what we mean in the TC or Therapeutic Coaching framework when we're talking about anxiety? Maybe a good way to do that is to differentiate fear from anxiety.

[00:01:38] Anna Duschinsky

It's such a good place to start, because that's something that people often confuse, they feel like anxiety is a form of fear, or fear is a form of anxiety. Within the TC model, and all the work we've done, Alex, we differentiate these two.

If we think about what fear is from an evolutionary perspective, fear is our response mechanism to threat or to danger. It's a very effective, very useful mechanism that we have where we respond, the whole nervous system, everything in our body ramps up, amps up in order to respond to a threat.

If you think about what a threat would be, certainly historically a threat would be, and we've talked about it many times, Alex, you, and I, but a threat would be the tiger, or something very immediate.

What we're designed to then do is, the tiger's not going to stick around for a long time, tigers don't tend to stalk us, tigers are going to run, we're going to run away from the tiger, we're going to fight the tiger. And fairly quickly, that scene, that situation is going to resolve itself, and we're going to come back into a space where we can re-regulate our nervous system. There's been a lot that's been spoken about this. That's our fear response.

I would say, the biggest difference from my perspective, after lots of years of doing this, is that anxiety is like a fear response that never resolves. Our fear response is designed to peak and resolve, and our anxiety just becomes a pattern. A way of being in the world where either there never was a tiger, or there are loads and loads of mini tigers.

We'll talk about how this happens internally, we become quite fearful of what's going on inside of us, perhaps our own emotional state, so that we don't find a way to regulate back out, and to resolve the issue such that we can come back down from it. That has many impacts on our body, on our physiology, our emotional state, and our mind, the way that our mind functions.

We would define anxiety as a state of unresolved threat, or perception of threats, which becomes a pattern, or a habit in both the nervous system, in the way that we're thinking, and therefore also the way that our emotions are functioning as well.

Alex Howard

One of the things that has been a big part of your and my work over the last 20 or so years has been trying to map different issues and struggles that people have. We spent a lot of time in the early years mapping fatigue-related conditions, and figuring out different stages, and subtype systems that were impacted.

In the TC framework, that mapping is really important. Do you want to speak a little bit to, why, when we work with someone and they say, I have anxiety, we're not then just going, you have anxiety, this is the intervention that we do. That that mapping process is so important?

Anna Duschinsky

Absolutely. As you've spoken to there, Alex, we've spent many, many years working with different people, and over time come to recognize very passionately how much it is not, and cannot be, a

one-size-fits-all approach. That when someone comes to me and says, I have anxiety, in a way, it's a jumping-in point for me, or for anyone within the TC model, it's not the endpoint.

[00:05:15] Anna Duschinsky

We don't go, "Great, you've got anxiety, we do X or we do Y." The word anxiety in itself is a broad spectrum description, that in a way means many things, and also in a way nothing as well. The first thing that we need to do when someone comes saying they have anxiety is to understand what that means for them.

Now, what I'm looking for at that point is, what does that mean in terms of how you're experiencing that in your body, in your physiology? What's happening in your nervous system? How and where are you responding in that way? What's that like?

We also know that one of the things that I referenced earlier because anxiety is something that is a response to... I would say it's a response to one of a couple of things. And, Alex, I know you'll probably throw in some thoughts here, too. But typically, either there's an environment around us, perhaps as we're growing up, where it's not that there's a tiger, and that would be our fear response, but there are lots of little perceptions of not quite being safe, lots of little experiences of not feeling entirely contained, safe. What we talk about, really, Alex, is those core emotional needs not being met, safety, love, and clear boundaries.

When that's true, what we tend to find is that there's this ramped-up nervous system, and we have the experience of what that's like physiologically. One thing is the physiology, the experience of the body in that moment. The second thing that happens when something like that is true is, to nick your phrase, Alex, we'll often try and think our way to a feeling of safety. We'll often try and go into analysis, or go into the mind to find a place that we're safe, as opposed to feeling safe and regulated in the body.

We've already got two pieces that are going on. We've got how that's experienced in the body, and then we've got what's going on in terms of our mental story. We know that we create a lot of stories around our own situation, our own levels of safety, and how we need to be in the world that's going to try and essentially make us feel safer, or make us feel more regulated.

We'll often work very hard to create conditions or develop behavior patterns or strategies in order to do that. We've already got two bits there that we're mapping. What's the physiology, what's the state of the nervous system? We've also got what's going on in the mind, what are the patterns, the belief systems, the ways of being in the world that we've developed to try and make ourselves feel better, feel more regulated.

Interestingly, although we would assume that there's quite a lot of emotional content to anxiety because we feel like we're feeling quite a lot in the body, I would argue, after lots of years of working with this, that there's very little ability when those two things are happening, when our nervous system is dysregulated, and our mind is overworking, and we have all these strategies in place to feel the emotions that we're feeling.

[00:08:31] Anna Duschinsky

That, by the way, can be another flip of how we can get to these states of anxiety. Which is that rather than there being specific environments, perhaps around us, that don't feel safe, perhaps instead, back to our core emotional needs being met, that sense of really being loved, met, and held in our world wasn't there. This means that we don't learn how to feel safe in our own emotional experiences.

Interestingly, that can lead to the same net effect, which is when our emotional body doesn't feel safe, our emotions don't feel held, we don't learn what to do with them, we don't learn that it's safe to feel them and come out of them, because no one models that for us, or holds that for us.

But instead, we end up shutting that piece down. The nervous system again becomes dysregulated, and the mind again becomes over-strong, and overactive. As you can see, as I'm describing it, there are so many different pieces, of what's going on, that may be very different for each person. That this idea of mapping that you described there is really important, because we need to understand each of these levels, how it's showing up in the body, how it's showing up in the mind, and the stories that are there, the belief systems that are there, how it's showing up at the emotional level as well.

We talk in TC about mapping across the past, the present, and the future. Obviously, a lot of what we're describing there is how it's presenting in the present moment. But we also need to understand how this has come to be, so that's the past, that's the story, the environment, the situation that has led to this being true too.

Alex Howard

That's a good point, a good place to bring in what we call the Therapeutic Coaching axis, where we're looking at the different ways of mapping and framing the experience. Because part of what's important in what you're saying is that anxiety is a state, but there are lots of different ingredients that can go into creating that state.

Yes, there are tools and strategies that generically are quite helpful in terms of state management, and in terms of nervous system regulation, and learning how to self-regulate one's nervous system.

But to address the deeper issues behind anxiety, because otherwise what happens is we're constantly managing anxiety. There are lots of people that we've worked with over the years that come in, and they've got tools and strategies to manage anxiety, but they're constantly having to work at doing that as opposed to getting to the deeper layers that are driving it.

You touched on a few pieces, but let's slow this piece down a little bit more, you mentioned past, present, and future. Let's talk about each of those pieces, then we can talk about the three bodies, and then we can also talk about moving from conscious to unconscious, unconscious to conscious. This will make more sense in a moment as we unpack it.

[00:11:26] Anna Duschinsky

The past, present, and future axis is recognizing that we certainly need to map, and make sense of what's happening in the present moment. That's how we're experiencing it in the body. How are we experiencing the thoughts that we're having, perhaps, and also what's happening in terms of the emotional state? That present map begins to give us a sense of how that person is experiencing their anxiety and how that manifests in the world. That's our starting point.

Anna Duschinsky

We also need to be clear on what it is that they want instead. And that sounds silly, of course, we assume they want to not have it, but specifically, what do they want instead? What would it feel like not to have this? What would life look like if they were free from anxiety? What would their experience of the world be? And how would that be different? Unless we have a sense of where we want to get to, what we found over the years working with people is there can be a glass ceiling in terms of people's ability to recover and move beyond an issue that they're bringing.

Then the past is so essential in understanding and making sense of how this has come to be because there are very different experiences of the world that can lead to seemingly similar presentations. But the way that we would resolve, and help someone to resolve the issue is going to be different based on what it was that was showing up in the past that has facilitated this state in the present moment.

We would work very differently with someone where, as I referenced earlier, a lot of the build of this anxiety, the development of the pattern has come from not necessarily an overtly external lack of safety, but perhaps a lack of emotional holding. That looks and feels very different, and the way that we're going to address that, resolve that, and what needs to happen for that person to come to heal that at a much deeper level, is going to be very different to somebody where there was an overt lack of safety and mini threats in their environment.

So what that past, present, and future piece does beautifully is allow us to understand how it's showing up now. Which is a piece that people often miss, figure out what we want instead, and clearly what it is that we would like. But also be able to identify very specifically from that history what it is that needs to be healed and resolved. And within TC, we have many different toolkits to work with those different presentations of that issue.

Alex Howard

We're recognizing the past, the present, and the future. Anxiety can exist in each of those places. There can be unresolved traumas, and events from the past that are showing up in the now and causing anxiety, particularly in our triggers, reactivities, and so on. Anxiety can be happening now, about things that are happening now, but it can also be an anticipatory anxiety about the future.

Let's talk about the three different bodies and the three different aspects of ourselves where we can experience anxiety.

[00:14:46] Anna Duschinsky

I've touched on a little bit, we have our experience of our physiology, and that's often, for a lot of people, that will be the place they are most aware of anxiety running for them. Might be the increased heart rate, might be the racy experience, it might be not feeling able to settle. The physiological, the physical experience of anxiety is one place that we need to work.

Then we have how this anxiety pattern is showing in the mind. We're talking there about the cognitive layers, what are we thinking? What are our thoughts? That for some people is more obvious to them than the physiological level because they're more aware of the anxious, racing thinking that's happening than they might be... They may well have normalized to their body feeling racy, but they're aware of their thoughts.

That's interesting, for starters, because where you will therefore start with someone in terms of intervention is potentially different based on their experience of it. You referenced a moment ago, becomes conscious and unconscious. What are they most conscious of? Where we're most conscious is where often we'll begin our work and our intervention.

If we're most conscious of the cognitive layer, that's the easiest way in to begin to unpack this. If we're more aware of the physiological layer, it makes sense to begin there, and to begin to work on how we regulate that nervous system a little bit.

In a way, all roads are going to lead to Rome. But one of the key skills and techniques of this TC work, is knowing where you begin, and where to work with that client based on that presentation.

We have these two layers, and then we have the, what we call the emotional layer, the emotional body. That's, I would say, for most people, the place where the deepest healing has to work, has to happen. We talk a lot about translational change versus transformational change within TC.

Translational change is almost what you referenced a minute ago, which is beginning to learn tools to manage. Transformational change is getting to the root cause of the issue and supporting ourselves to genuinely do the healing work that's going to allow everything else to shift.

If we think about something like anxiety, we can learn how to regulate our mind a little, and begin to regulate the nervous system. These two things, by the way, are essential. And again, knowing the order in which to work is really crucial, come to that in a moment again.

But if that's all we do, and we don't look at the past continuum here, and we don't dive into the deeper emotional layers, the reality is, it's very likely that this habit in the system will just perpetuate.

The next layer in is to recognize what is happening in the emotional body. As I've said a moment ago, although it feels like we're feeling emotion, sometimes quite intensely when we have anxiety, the reality is that what we've often done is shut down our connection to our emotion, and that is a very sensible mechanism when we've been in situations where life has not felt particularly safe. Or where we've been in situations where we haven't learned how to be with our own emotions, and how to have that responded to such that we learn. That's a modeling process, that's a real learning process that we, generally speaking, as human beings, assume.

It's a bit like when I teach my students, I say quite often, we spend a long time learning how to write and learning how to communicate, but we don't spend a lot of time learning how to listen.

[00:18:31] Anna Duschinsky

And the same thing is true here, we spend a lot of time learning how to be in the world, but we don't necessarily learn how to be with ourselves, and with this changing emotional experience within us. If our parents aren't modeling that for us, or holding that for us to some extent, we don't know how to do that. We don't learn, it's not automatic, it is learned.

If we don't learn that, then our own experience of our emotions feels unsafe. That's why I say this lack of safety can be external, but it can also be internal as well. Irrespective actually of either of those, whether it's internal or external, typically it's not been particularly safe for us to be with our emotions. If we've been in a place where our environment isn't safe, then having all of our emotions and being able to be free to express is unlikely to have been a very good idea, or a very safe idea, so we learn not to do that.

If we don't know how to regulate our own emotions, clearly we're not going to want to go there. We learn this shutdown mechanism of our own emotional stuff. And that, by the way, is often where this perpetuation of this nervous system state begins because we can't resolve it.

If you think about how we're designed to have emotion, if you think about young kids, really young kids, hopefully in a safe environment. I know you and I both have gone through this in recent years, they come home and they're really sad about something that's happened, it's all been really dramatic at school. If you hold the space for them for a bit, if you sit with them, and give them time to express it, within half an hour they come out and they're really, really happy, and they're off to do something else. You're like, What about that thing? They're like, What? What thing? I don't remember that. It moves and it shifts really beautifully.

If that doesn't happen, it's exactly what we talked about at the beginning, which is that resolution never happens. The difficult emotion, or the emotion that needs to be felt, or expressed doesn't get felt or expressed. We shut it down and there's no resolution. If we keep that going the nervous system becomes more and more dysregulated.

Again, we found more and more mechanisms for dealing with that emotional set point that we're now at. One of the big pieces of work is learning to rebuild our relationship to those emotions in a way that's safe, that requires quite a lot of work, as you and I know, sometimes with people to create a sense of internal safety, to hold that, and to learn how to do that, such that these emotions can be properly felt and moved through.

Now, sometimes we need to heal some of that past. Sometimes we just need to learn how to be with ourselves in a more healthy and appropriate way, so that we learn how to feel our emotions in the present. Sometimes the work needs to happen more now along this axis in the present. But sometimes we absolutely do need to go back to the past. Again, that's part of our work as TC practitioners to know where the work needs to happen along that axis.

[00:21:34] Alex Howard

To summarize, we've got past, present, and future, and we've got our mental, emotional, and physical bodies. To understand the roots of what's happening in someone's anxiety, we need to look at each of those pieces. Let's bring in the final piece in this framework, conscious and unconscious.

Anna Duschinsky

Yes, we tend to be conscious of some of this, sufficient that we're going to come to do some work about it. Someone who's listening to these interviews, or someone who's coming to a practitioner, has consciousness of something not feeling okay in their world, or not seeming okay in their world. But that level of consciousness can vary and be very individual.

Some people are conscious of the physical experience, they don't feel comfortable in their body. Some people are conscious that their mind is constantly spinning. Some people are conscious of neither of those because that's all been normalized. What they're conscious of is that they find it difficult to be out there in the world. It feels overwhelming, or they find it difficult in social situations, or certain situations feel triggering, and they're not letting themselves live the way they want to.

That expression of where it's showing up can be behavioral, can be the experience of the mind, and what it's like to be in our own minds. And can be physical, can become kinesthetic. That depends partly on who we are, and the makeup and model of us as a human being. Some of us are more aware of our internal dialog, some less so. Some are more aware of their physical sensations and some less so.

When we're working with a client, there's no point, as we learned early days in this work... And a lot of this is through doing it and using it with people over years and years and finding what works. What we found is there's no point going, we know that the root cause of this is these emotional shutdowns, let's go there first. That's what some people try and do, and typically it's not going to work because you haven't yet supported the client to recognize those deeper levels. They're not there yet.

We might think they're there yet, or we might think that's where they should go, but that's irrelevant from a practitioner perspective. What we need to learn to do is to meet the client where they are. If a client is aware and conscious of the thoughts, then that's a great start point for intervention, not the end point. It's still a process of unraveling and working through these layers.

If someone's really aware of their nervous system but not aware of their thoughts, then that's the place to go in first. Then gradually what we're doing is we're building these scaffolding of awareness of these different layers of ourselves. In order for us to have got to this state of anxiety, that so many people experience in their lives, there's been quite a lot of shutdown of our connection and awareness of ourselves, that's the point.

I think of our emotions almost as being a bit like our sat nav, they're a guidance mechanism. When we're not in touch with that, bit by bit, there's less and less connection to the truth of who we are, and what's going on for us. A lot of this is the repair work of that, but it has to happen in the order that the client can work with it so that it's effective. A lot of our work is about... It's not about

what's right, or what a client should do, or fitting a client to a tool, it's about making sure that the work is as effective as it can possibly be.

[00:25:29] Anna Duschinsky

This idea of conscious to unconscious is a spectrum through which we work with a client. It's a bit like, if you.. This is really not my area, so I'm not sure this is the best metaphor, but if you think about rock formations and soil, there's these different layers, like we learned about at school, of soil.

Alex Howard

You might, I flunked geography, but you might have done.

Anna Duschinsky

I've once described this as layers of trifle which made you laugh too. We could go there if that's easier. How was food tech for you? Was that better?

Alex Howard

I was bad at that as well.

Anna Duschinsky

Okay.

Alex Howard

I was really good at psychology and business. But anyway, carry on.

Anna Duschinsky

You can see it from that perspective... But if we think about it as a layered system, we can't just jump to the bottom, you can't just dig straight down. We need to work through those layers so that we're gradually building our awareness. What that's also doing is building our tolerance, our understanding of ourselves, such that once we get to those deeper emotional layers, we have everything in place that we need to be able to work there effectively.

That's one of the things that we've seen over time with people, where perhaps they have just been fitted to a tool, This is your issue do X, is sometimes skipping too many layers, and the client isn't ready to be at that point. There's a process to get them there, which is incredibly important in terms of resourcing and supporting the client. That conscious unconscious layer is about recognizing the different layers of what's there, but also the rate and way in, and the rate and way in which we can work with it which is crucial.

[00:27:13] Alex Howard

To build on this point, it's like often the initial process of therapeutic work is taking things that are unconscious and making them more conscious. But as the client has more conscious awareness, what we're then hoping to do is the new strategies, habits, and ways of being, we want to take those from being things they're doing very consciously, to training those now to become the new unconscious, the new habits, the new automatics, and the new ways of being.

Anna Duschinsky

That's it, absolutely. In a way, what I've described to you there is that mechanism of how we support the healing, the raising of things that are unconscious to a greater level of consciousness, so that we build relationship with each of those layers of the trifle.

But you're absolutely right that's one step of it, and there's another layer of that which is that then becoming the new habit. We know we have these layers of conscious incompetence all the way through to unconscious competence. What we want is ultimately that as we've moved through these layers, and if we make this tangible, we become able to hold our own emotions. We become able to recognize that it's safe to be regulated, and that regulated is a state that becomes our norm.

We recognize that when we do have unhelpful thoughts, which, let's face it, for most people will still pop in at some level. We don't buy into that, we don't get caught in them. Our norm is this space of being able to internalize safety, and regulation and being able to rationally recognize where perhaps there's a bit of fear playing up, but being able to sit with and work with that, and that is our aim for our clients.

Not that they're in therapy for years and years and years, that they learn the new tools and approaches, internalize those, and are able to then take those into the world, such that our work is done when they don't need us anymore, essentially, they don't need a practitioner there because they're fully, well able to recognize all these pieces, recognize and change their responses, and function in the way that they want to in the world.

That's the outcome, the best outcome, and where we're aiming to get to. In a way, what it's doing is replicating what we could and should have naturally had in the best case scenario in our childhood, and helping someone to learn a better and new, more effective way of being in the world.

Alex Howard

I want to back up a little bit to the creation of this model and this framework because what's important here is that often people over the years would come and see us and say, I have anxiety, but I've tried everything, or I have anxiety, but I've already seen a counselor, or I've seen a psychologist, or I've seen a CBT practitioner, or I've seen a coach, or whatever it may be.

And our objective with creating these frameworks has never been about trying to make it more complex, it's been about trying to bring more simplicity. But to get that simplicity, that's also effective, one needs to cover all of these pieces. Hopefully, it seems relatively simple at this point. We're saying you've got to look at past, present and future. You've got to look at your mental,

emotional and physical bodies, and you've got to look at what's happening on a conscious level and an unconscious level.

[00:30:56] Alex Howard

But it only seems simple to us now because of all those years of trying to map, and trying to understand it. What I hope is that for people watching or listening to this interview, is the recognition that if you've tried things up until now that it feels like haven't worked. Hopefully this framework is giving you some sense of why, because maybe you've gone to see a practitioner where their therapeutic approach is very much focused on the past, and it's focused on the emotional body, and it's focused on trying to be more conscious about that.

Maybe your issue has been much more in a mental pattern that you've learned, which is an anticipatory anxiety about the future that is running unconsciously, for example. To us, the job of the practitioner is to decode, to map what's happening for the client, and then decide intervention not based upon a predetermined prescription if someone has anxiety, you do this thing, but to figure out what's going on for that person, and then to use intervention in response to that.

Anna Duschinsky

Exactly what you're saying there, what most people that we've seen over the years who have exactly that story, that experience, I've tried X and it didn't work, or I've tried Y and it works a bit and I'm managing it, or I understand now why I have anxiety, but I still have anxiety, which is something that we've heard many, many times, is there's just an incomplete model.

One of the things, because we've worked with so many people over such a long time frame, bit by bit, you recognize all these different ways in which something can show up. What we've learned to do is to recognize exactly that, there are different modalities, different ways that will help each of these different pieces, but you need to put them together, and you need to put them together in the right order for the client for this to be effective.

That is the piece that's often missing. To someone out there who is thinking, Ahhh, who's thinking, I've done so many things, the reality is probably you've got pieces of this puzzle. It's just that no one has helped you to figure out what the whole puzzle picture looks like. So that you can figure out which pieces you have in place, which pieces you perhaps don't have in place, and then figure out how you combine all of this to be an overall effective solution. It's the seeing of that picture, the decoding of it, the mapping of it, that is so crucial.

Alex Howard

What we're saying is to address anxiety in a long-term, effective way, we need to map what's going on and the bigger picture. But it's also true that there are some fundamentals which are mostly helpful for most people. I'm also mindful people watching this interview and going, Okay, this is all well and good, you've given me a map, that's helpful, but where do I start?

Beyond working with a Therapeutic Coach and using this framework and then having a much more personalized pathway, what are some of the generic things which are typically going to be helpful for someone to at least get started with?

[00:34:11] Anna Duschinsky

Good places to start are always going to be... Because it's how it manifests, the good places to start are often going to be that racing mind and learning to work with that, and learning some tools and techniques to regulate the nervous system. That is typically a good place to start with this, any tools and techniques that you can use to regulate. I know, Alex, you can probably point people to certain places where they can maybe access some of this, but tools that you can use to regulate your nervous system, tools that you can use to find a way to break those really unhelpful patterns of thinking.

We maybe haven't talked quite enough about that. I think that the thinking pieces can be so impactful. We know this nervous regulation, and nervous system piece is really important, and quite widely talked about, I'm not sure that this cognitive layer is as widely talked about. Because of everything that's happened in that person's world, they will have ways of thinking about the world, ways of thinking about themselves, patterns of thoughts, and belief systems, which do two things. They keep everything up-regulated or disregulated, they keep everything in that state, but they also perpetuate and often exacerbate everything else.

These patterns that we've learned, these belief systems that we've learned, actually become, for us, like a prison. Until we can learn to recognize, to make them conscious, and to learn ways to question and stop that mind, or those mind patterns, we are very likely going to find it difficult to access any of the other areas. It's going to be very difficult, if that is happening, to calm and learn to regulate your breathing and have a really nice, peaceful body.

It's going to be very difficult to learn to be with and meet our emotions, because there's no space, there's no peace for us to actually access that. You've heard me describe it before, Alex, but I often think of this mind created and thought created stuff as being like the ripples on the surface of water. If there's enough ripples, you can't see down. You've got no idea what's underneath that. I think for a lot of people, it's full on waves.

Being able to calm that and to recognize that we don't need to buy in, that isn't a truth, it's a reaction. We often think our patterns, our belief systems are real, and actually they're a reaction to everything else that's going on. If we can learn that, and learn tools and strategies to calm that, then the surface of that water becomes sufficiently still that we can begin to see down, that we can do that deeper healing work.

Alex Howard

Anna, I realized we're almost out of time, but do you want to say a few words around... Let me say a few words about things people can do, maybe you say a few words about TC. The framework that Anna is outlining here is the Therapeutic Coaching framework, it's the framework that we use at the Optimum Health Clinic. If you want to find a practitioner to work with this framework, you can go to theoptimumhealthclinic.com.

It's also the framework within the Reset Program, go to alexhoward.com, and you can find out more about the Reset Program. We also, for the last 18, 19, 20 years now, have been training practitioners in this approach. Anna, maybe you want to say a couple of words about people who want to train in this methodology, about the training that we offer together.

[00:37:53] Anna Duschinsky

Absolutely. It's our passion project for you and I. I know, Alex, you have others, I'm not trying to take away from those either, but it's something that I know you and I...

Alex Howard

One can never choose their favorite child, one loves all their children equally.

Anna Duschinsky

Exactly. Therapeutic Coaching as a model is something we're incredibly passionate about. The more that we did this clinically, the more that we recognized the impact of it. To some extent, the more that we recognized that that wasn't what was necessarily happening elsewhere for people, the more passionate we became about sharing it more broadly. We spent years and years modeling, making sense of this model, building it into a training course.

The training course runs initially across... You can do level one, or level one and level two together, which is what we suggest, which is that first year of training. That first year of training will give you a lot of these tools and models, we will outline, teach you. We do it in lots of beautiful online interactive ways, videos, online live sessions, and practice sessions at level two, which is the second half of that year. You have a lot of opportunity to work closely with us, and with our team, to understand these models, to learn these toolkits and these skills, and also, which is great, to apply to yourself.

If you're someone who is interested in both your own personal development, but also interested in potentially ultimately taking this out into the world, or adding it to something that you already do, then that is a great year's worth of intense, but really, really fun and practical experiential learning.

At the end of that first year, we then have second year of training. Now that is something that we are again very passionate about, because it's all very well and good understanding the tools, or understanding the concepts, understanding the methodology and the model, applying it is a whole different ballgame. That's what we spent 20 years doing and learning.

Our second year is about learning how to apply and build your skills as a clinician, as a practitioner, so that you can come out of that second year of training, confident. We have very high standards for you, but we're confident in you, and confident and competent as a practitioner to apply these tools, and to know how to work with people in all of these different nuanced situations. That's what the second year is about.

We're saying it is online, and broadly taught that way, which makes it very accessible for anyone across the world, but that we also do have a live in-person week at the end of level two, the first year, and a week residential at the end of the second year of training, which are vitally important. They're vitally important for many reasons, they're vitally important for Alex because he likes where we go for the residential at the end of the second year, he enjoys being there and using the spa. It has a great spa, I'm sure he'll tell you more about that in a minute.

[00:40:50] Alex Howard

That's the only reason that we pay to take lots of people every year to go there.

Anna Duschinsky

It's also crucial to have you with us, obviously there's nothing that can replicate that time together in person, particularly at the end of the second year, to cement your skills as a practitioner. We also have a lot of fun together at that point.

Alex Howard

Awesome, Anna, thank you so much. It's always a pleasure to spend time together. If you want to find out more about the practitioner training, they can go to therapeuticcoaching.com. Thanks everyone.