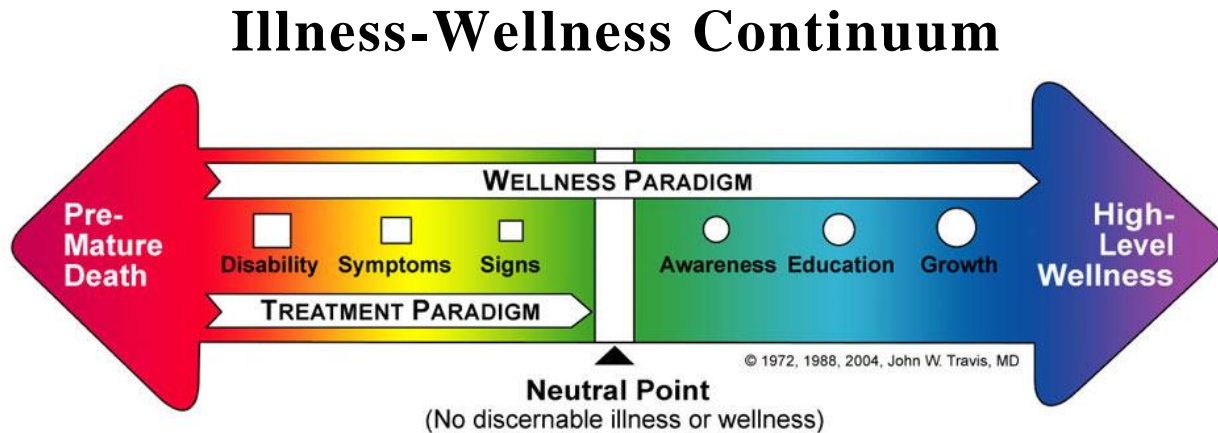


TAPro^{TM/SM} Coaching Model for Change

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Wellness Coaching & Training Tool

TAPro brings together three interactive models that illustrate the collaborative synergy between John Travis' Illness-Wellness Paradigm and the Wellness Coaching Process for change. First, here is Travis' Illness-Wellness Continuum chart:



T = John Travis' Iceberg Model of Health and Disease

A = Michael Arloski's Real Balance Wellness Model

Pro = James Prochaska's Six-Stage Model of Change

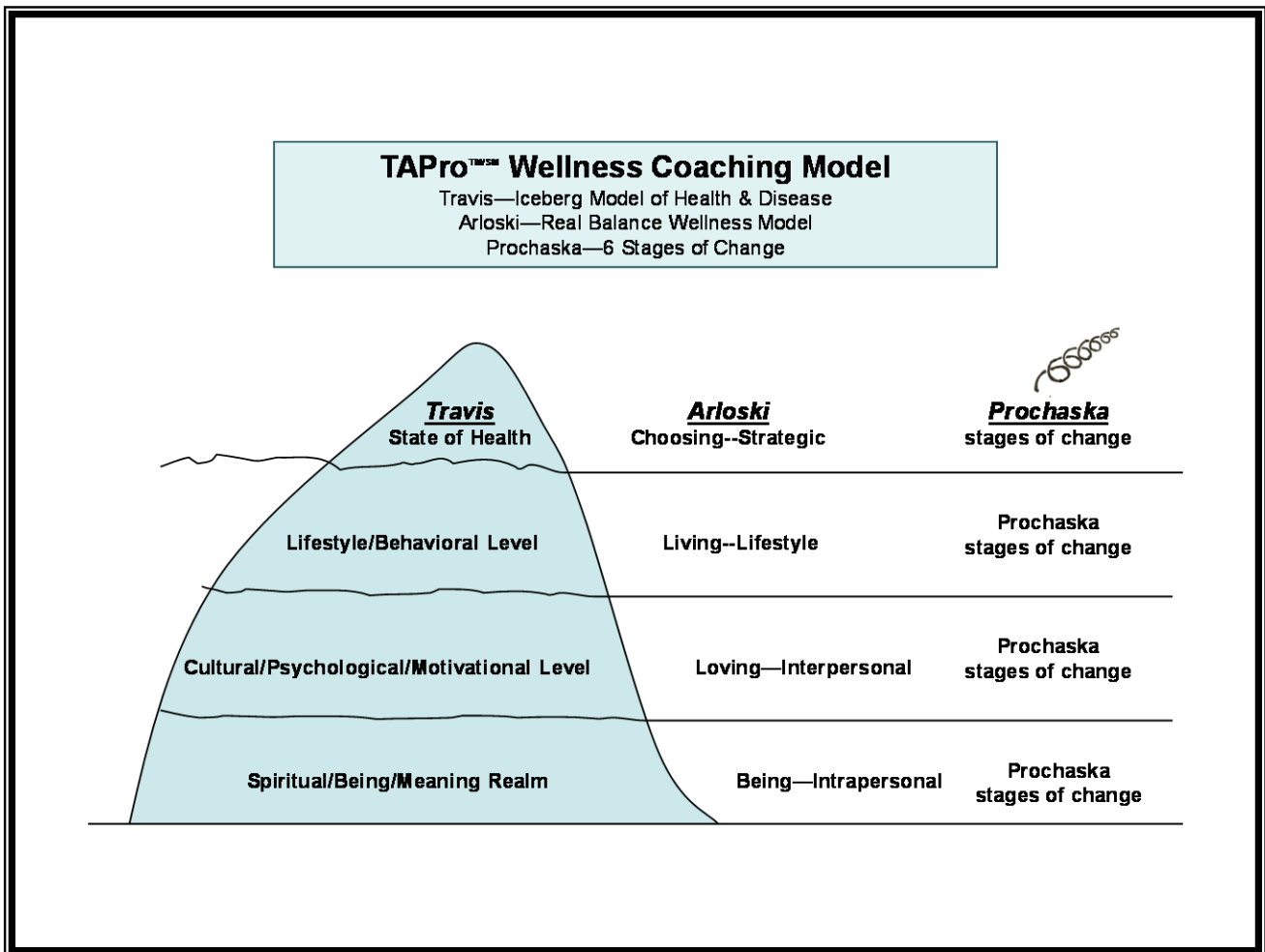
While the Illness-/Wellness Continuum represents *the journey* from a treatment paradigm to a wellness paradigm, **TAPro Coaching Model for Change** will provide the coaching tools for helping clients embrace the wellness paradigm and the changes necessary to journey there. **TAPro** is a wholistic synergy tool for wellness coaches--a dynamic process tool for the coaches' toolkit. **TAPro** moves from the general to foundational through the coaching process—digging deeper as you move forward through key drivers/motivators for lasting behavioral change. To be more effective with coaching each realm, be sure to match change process with what Proachaska stage the client is currently in.

Travis' Iceberg Model of Health and Disease gives us a definition/description for the *realms of health and disease* (source: *The Wellness Workbook*, 3rd edition, by John W. Travis, MD. Celestial Arts Publishers. Berkeley, CA. 2004). Michael Arloski's Real Balance Wellness Model offers the needed *focus* on four wholistic, practical areas of life that effectively parallel Travis' realms of health and disease (source: *Specialty Training in Wellness Coaching*, by Patrick Williams, Ed.D. Institute for Life Coach Training. 2005/Michael Arloski, Wellness Coaching Director/Trainer). James Prochaska's **Six-Stage Model of Change** then supply the necessary coaching process/parameter tools (checks &

balances) for using both Arloski's focus themes and Travis' realms of health and disease (source: Changing for Good by James Prochaska, et.al. Harper/Quill Publishers. NY, NY. 1994/2002). Understanding the processing components of each stage will help the coach clue in on where the client might be on any particular challenge within Travis' realms and Arloski's parallel life focus areas.

The Prochaska stages are symbolized by a spiral image that represents the six stages in forward movement. This *spiral of change* also represents a continuum where clients may need to revisit a previous Prochaska stage to clarify their readiness for change in a particular area. As the spiral illustrates, there may be ups and downs. There may also seemingly be circular movement, but with a successful coaching relationship, the direction is still forward.

As you practice utilizing Prochaska's criteria for clarifying those stages with your client, you will more easily gravitate to those appropriate processing themes provided by Arloski. The following integrated charts offer a picture of the progression and synergy with these excellent models for wellness coaching.



TAP Wellness Coaching Process:

Experiencing positive change within each realm

Travis' TAPro Realms		Arloski's TAPro Focused Process		Prochaska's 6 Stages of Change for All Four TAPro Realms & Focused Process
State of Health	→	Choosing	→	<p>Precontemplation—key word Consciousness-raising, Awareness (-) active resistance to change, stuck, demoralized, giving up on self, problem or preference?, denial/minimization, rationalization, blaming others/things, self-blame; (+) consciousness raising/informed about behavior/defenses, willing to take responsibility for consequences, knowing developmental/environmental pressures, social liberation/creating more alternatives-choices, seek & welcome outside influence Precontemplation/consciousness-raising/awareness steps: 1. raise conscious of self-defeating behavior 2. become aware of defenses 3. check defenses—ask others to identify 4. don't push someone into action 5. don't nag 6. don't give up 7. don't enable</p> <p>Contemplation—key words Emotional arousal, Self-evaluation (-) not ready for action, reaching for certainty/perfection/magic moment, needing continual reassurance, bogged down in contemplation, tends to chronically worry rather than work, wishful thinking, premature action, may need emotionally charged event to change a problem behavior (+) conscious raising to achieve greater understanding of behavior, willingness to talk about themselves/problems/ read about it, Contemplation/emotional arousal/self-evaluation steps: 1. use emotional arousal to help move them to action (not fear arousal!), movies, create your own propaganda, use your imagination 2. gain more behavior impact knowledge before action, 3. ask practical/right questions producing powerful/practical knowledge 4. collect the right data, connecting the dots between preconditions/attitudes eliciting unhealthy behavior resulting in consequences 5. Self-evaluation=create a new self-image, think before acting, make a decision 6. offer empathy, warmth, solicit input</p> <p>Preparation—key word Commitment (-) premature action, impatience, frustration, no support group (+) getting ready, process between decision made and action taken, continue to reevaluate yourself and your problem, but feel increasingly confident of your decision to change, look more toward future self, less to your problem past, want to find the most suitable type of action to overcome it, incorporate certain tasks that make up the first steps on the road to action, any reevaluation agrees with your current values, make change a priority Preparation/commitment steps: 1. make the tough choice/turn away from old behavior 2. clearly accept there no guarantees that a chosen action will be successful 3. take small steps 4. set a date 5. go public 6. give it your top priority as a major operation for all concerned—time and effort 7. create your own plan of action First few days, most difficult; increase <i>pro</i> perceptions, decrease <i>con</i> perceptions over time</p>
Lifestyle/ Behavioral Level	→	Living	→	
Cultural/ Psychological/ Motivational Level	→	Loving	→	

Travis’ TAPro Realms	Arloski’s TAPro Focused Process	Prochaska’s 6 Stages of Change for All Four TAPro Realms & Focused Process
<p>Spiritual/ Being/ Meaning Realm →</p>	<p>Being →</p> <p>Intrapersonal—The Internal Aspects/Belief System/Faith, Mindset, Self-talk, Gremlin Fighting, Self-worth, Self-esteem, Self-expression, Play</p>	<p>Action—key words Countering, Environmental control, Reward (-) relapse-blame everyone else, taking preparation lightly, cheap change/no sacrificing, myth of “magic bullet”, more of the same/old methods may not work (+) exercise together, buddy up, rearrange your home, put it in writing, get “stroked”, don’t take guilt trips, keep it positive, seek support for life Action/Countering steps: 1. active diversion/healthy alternatives 2. exercise 3. relaxation 4. counterthinking/freedom from rigid thought patterns 5. assertiveness/to be heard, respected Action/Environmental control step: 1. avoidance 2. cues/triggers problem behavior/use imagination first to counter 3. reminders/physically located, visible Action/Reward steps: 1. covert management/self affirmation 2. contracting/written to self 3. shaping up/gradual reshaping to insure solid fdn Maintenance—key word Continual Work (-) mtn is difficult, erosion of commitment, failure, social pressures, internal challenges, courting relapse=overconfidence, daily temptation, self-blame, overwhelming stress, insufficient coping skills (+) goal of mtn=a permanent change that becomes part of your personality, two factors fundamental to successful mtn: sustained, long-term effort & a revised lifestyle Maintenance/continual work steps: 1. keep a healthy distance 2. create a new lifestyle 3. check your thinking 4. guard against slips 5. revise your contract w/ a helper 6. put helper on call 7. help someone else 8. see patience and persistence as friends & hallmarks of maintenance Recycling—key word Learning from Regression (-) change is often spiral and difficult, one step back/two steps forward, few changers terminate the first time around, trial and error is inefficient, change costs more than you budgeted, using wrong processes at wrong time, becoming misinformed, substituting one bad behavior for another, be prepared for complications, path to change is rarely a straight one, a lapse is not a relapse, mini-decisions lead to maxi-decisions, distress precipitates relapse, learning/no action=chronic contemplator, get professional help if chronic in relapses (+) Embrace <i>responsible freedom</i> of choice=interactive with feedback, information on benefits for self and others, avoid <i>foolish freedom</i> = reactive/reacting just to keep from being controlled or reacting to immediate consequences. Termination—key word Exiting spiral of change (-) personal growth doesn’t end but is an open ended journey, exiting not permanent=personal trauma; (+) never overlook the benefits of overcoming a problem, Elements defining termination: 1. new self-image 2. no temptation in any situation 3. solid self-efficacy 4. healthier lifestyle supported by healthy relationships—the real solution</p>

***TAPro* Wellness Coaching Model for Change** **NOTES**