

Coaching in the Grey Space

Exploring Boundaries, Ethics and Complexity when Coaching and Therapy Intersect

Coaching in the Grey Space is set to enhance the practice of coaching psychology, by defining the previously unidentified grey space – where boundaries between the coaching and therapeutic terrain intersect. This book navigates how we as coaches can negotiate this complex terrain, to improve the management of boundaries and ethics for coaches within the practice and safeguard clients. It also describes how coaching within the grey space can have both preparatory and preventative effects with the potential for far-reaching positive outcomes. With extensive research, enquiries and experiments and wide-reaching case studies, the book will equip a reader with a thorough understanding of an often complex and fast-moving industry. Promoting a much-needed evidence-based debate on the ethical boundaries of coaching and therapy, this book will be an original and practical resource of interest for coaching practitioners, both established and for those undergoing training in the field.

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