

## **A Guide to Coaching and Mental Health**

### **The Recognition and Management of Psychological Issues**

*By Andrew Buckley and Carole Buckley*

Did you know that about one in four people in Britain has a mental health problem at some time in their lives? This means that millions of us are either encountering problems ourselves or know someone who is experiencing ill health. If we work as a coach, it is highly likely that at least one of our clients may be suffering from emotional distress, chronic depression or even a serious illness such as schizophrenia. We have to recognise that people with a mental illness may be working in dangerous or responsible roles, while at the same time pretending (sometimes even to themselves) that there is nothing wrong with them.

The aim of this book is to help coaches and others to identify clients, managers or team members who are displaying symptoms of mental health problems. It sets out to help them decide whether coaching is appropriate, and if not, what the options may be. The authors argue that, if the coach fails to identify the warning signs, then coaching will be unsuccessful and may even be harmful for the client.

The authors are well qualified to help coaches to tackle these issues. Andrew Buckley has ten years experience of working as a an individual and team business coach and Carole Buckley is a qualified doctor of medicine. Part of their purpose in writing the book is to promote the understanding of the relationship between mental well-being and effective performance at work.

The book is structured into three sections. The first explores the background to coaching and mental health. How can coaches identify feelings and behaviours which are not normal? How can the coach decide whether coaching should continue? And what are the legal, ethical, moral and business issues involved? The second section uses fictional scenarios to highlight the warning signs to look out for, to provide examples of questions that the coach could use to explore the issues further. This section also provides examples of different options available to the coach and the client. In the final section there is brief overview of the different categories of mental illness, their definition and how they are commonly managed. The writers don't want to encourage coaches to make a diagnosis, but rather to help them understand what the client may be experiencing and how various illnesses may be treated.

As a non-expert in mental illness, I found the book extremely easy and fascinating to read. Given the prevalence of mental illness in our society, the clear descriptions of the signs of mental illness will be most useful in helping anyone to understand the issues and make more informed decisions. This very readable and practical book will provide valuable insights for anyone working on a one-to-one basis with colleagues, team members or clients.

*Jane Smith*

### **Ratings**

- Content: 5 stars
- Innovation: 4 stars
- Clarity: 5 stars
- Value for money: 5 stars
- Overall recommendation: 5 stars

### **Details**

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