



Handbook of Coaching Psychology: A Guide for Practitioners

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The *Handbook of Coaching Psychology* provides a clear perspective on this emerging area of professional practice. The book begins with a mixture of personal and factual narratives on the historical and current context of coaching and coaching psychology. Stephen Palmer, Alison Whybrow and leading coaching psychologists and coaches outline recent developments in the profession, providing the reader with straightforward insights into the application of eleven different psychological approaches to coaching practice, including:

- solution focused coaching
- psychodynamic and systems-psychodynamic coaching
- narrative coaching
- cognitive behavioural coaching.

Part three of the book considers the coach-client relationship, coach development and professional boundaries, together with issues of diversity and sustainability. The final part covers coaching initiatives in organisations and supervision followed by an introduction to professional bodies and available resources.

The *Handbook of Coaching Psychology* is an essential resource for practising coaching psychologists, coaches, human resource and management professionals, and those interested in the psychology underpinning their coaching practice.

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