



Provocative Coaching: Making Things Better by Making Them Worse

Jaap Hollander

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A highly practical book that provides a theoretical framework on the workings of provocative coaching for all therapists. A fresh wind is blowing through the worlds of coaching and psychotherapy! Provocative coaching: a unique new cocktail of humour, warmth and psychological provocation. Coaches and therapists everywhere are throwing off the shackles of humming and nodding! Not only can provocative coaching be highly effective - especially with the so called 'impossible' clients - but it liberates professionals as well as their clients! This is a book about challenging people in order to help them. It explains in detail how to do Provocative Coaching and the psychological mechanisms through which the provocative style works. It may seem like quite an unusual way of behaving for a professional coach or therapist however humour is an important aspect. Provocative Coaching is related to 'paradoxical intention' and 'reverse psychology'.

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