

ACTO Forum Call February 19, 2018

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# Systempathy: Everything is Connected

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# Connecting competencies

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- Mutual respect—a paradox?
- Our (plural) brains & presence?
- Relationships as webs-but webs of what?
- Why & how do positive emotional interactions encourage trust & intimacy?

# Utilize a systems perspective on...

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- The human brain
- The whole human system

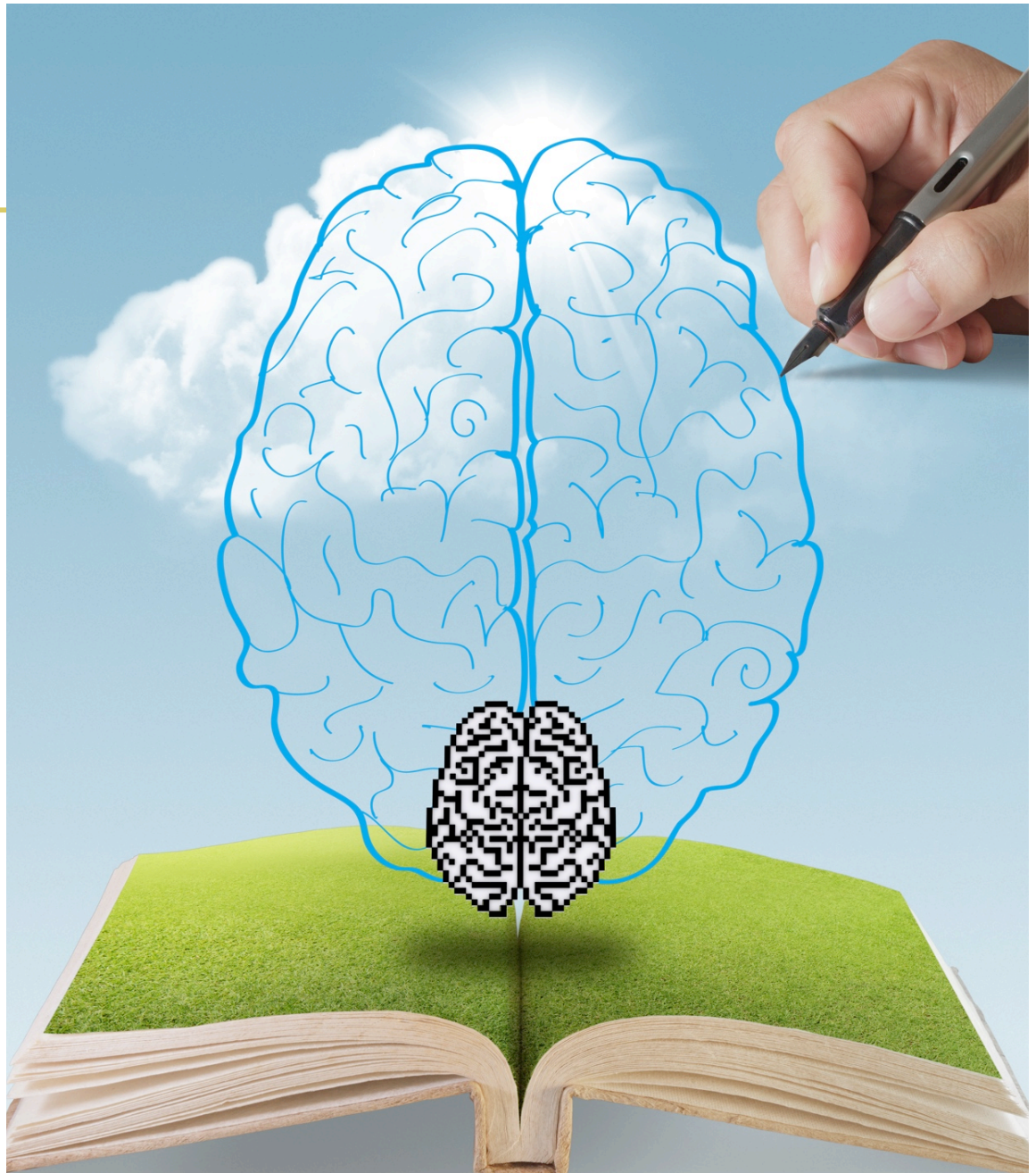
To deepen our understanding of ICF competencies

- Coaching Presence
- Establishing Trust & Intimacy with the Client

# Systempathy

Having a “feel”  
for systems...

An  
understanding  
beyond  
Intellectual  
concepts





# What is a system?

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# Definition of “System”

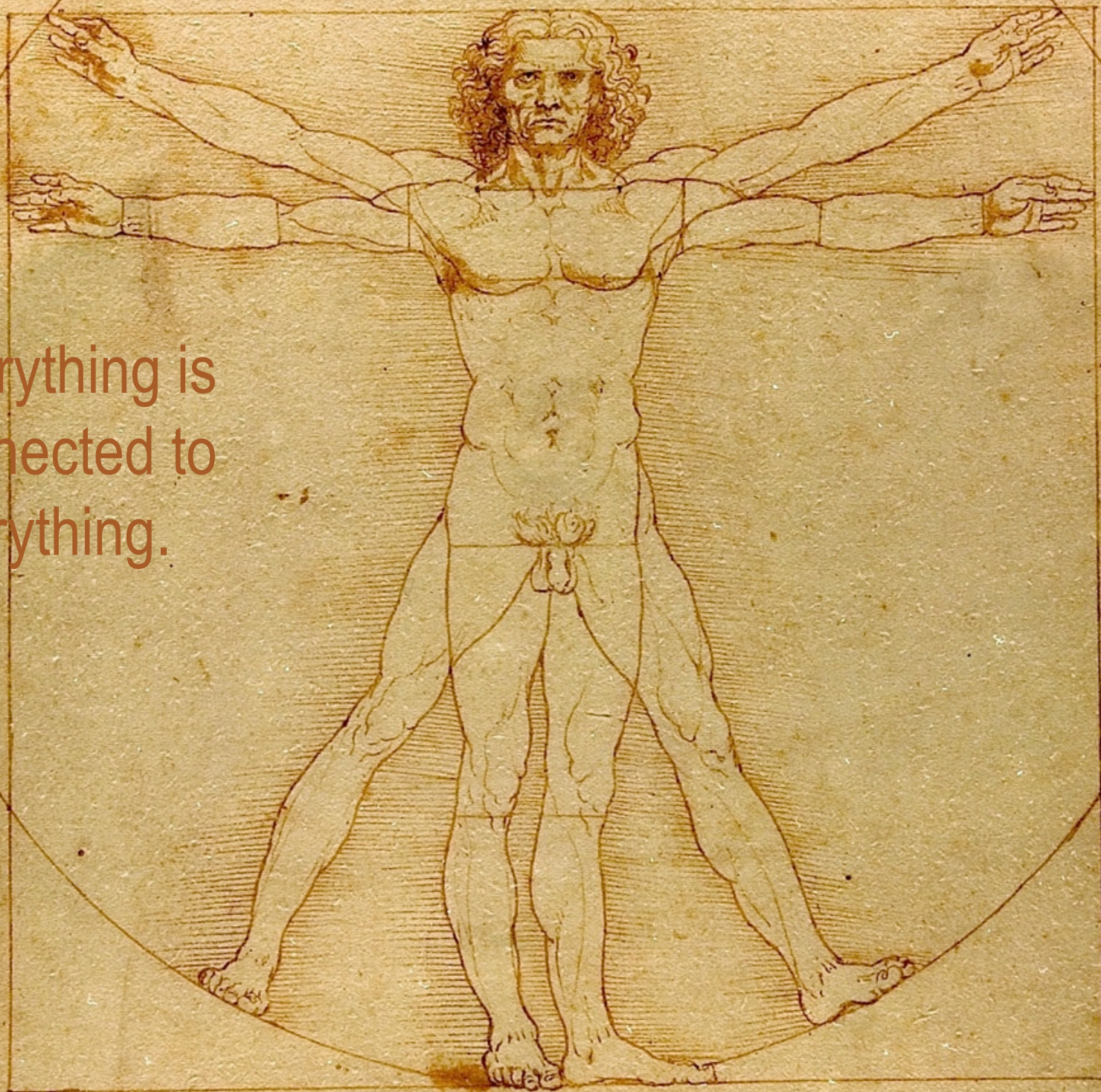
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Linkage  
of  
Differentiated  
Elements

--Dan Siegel



Everything is  
connected to  
everything.





# A Healthy Systems is Integrated

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Each element

...makes its own (unique) contribution to the  
whole system

And

The system as a whole

...nourishes each element.

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*Creating a safe, supportive environment that produces  
Ongoing mutual respect and trust.*

Coaching Competency

# **ESTABLISHING TRUST & INTIMACY WITH THE CLIENT**

# Mutual Respect—a paradox?

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Two people in a relationship,  
Each respecting the other.

OR

Each respecting both parties in the relationship?

# Brains in Our Heads

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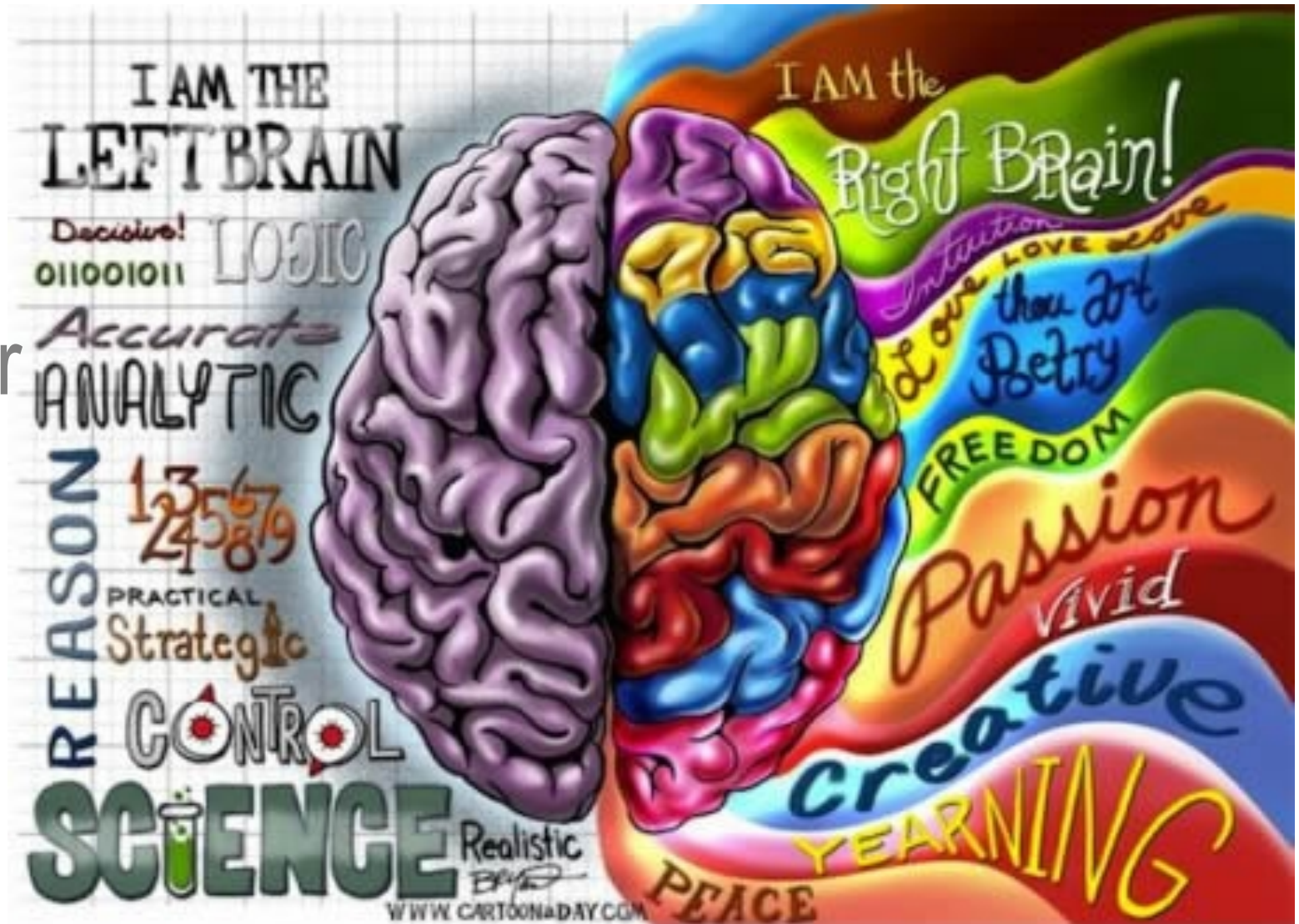
## Triune Brain



- Neocortex
  - Thinking, analyzing
- Limbic
  - Stands on guard for threats
- Reptilian
  - Survival

# Brains in Our Heads (cont.)--Hemispheres

A  
Matter  
Of  
Style



# The Heart Brain

The heart has its own complex nervous system – the “Heart Brain”.





# Brains in our Guts



Connects

- Digestion
- Mood
- Health
- Thinking

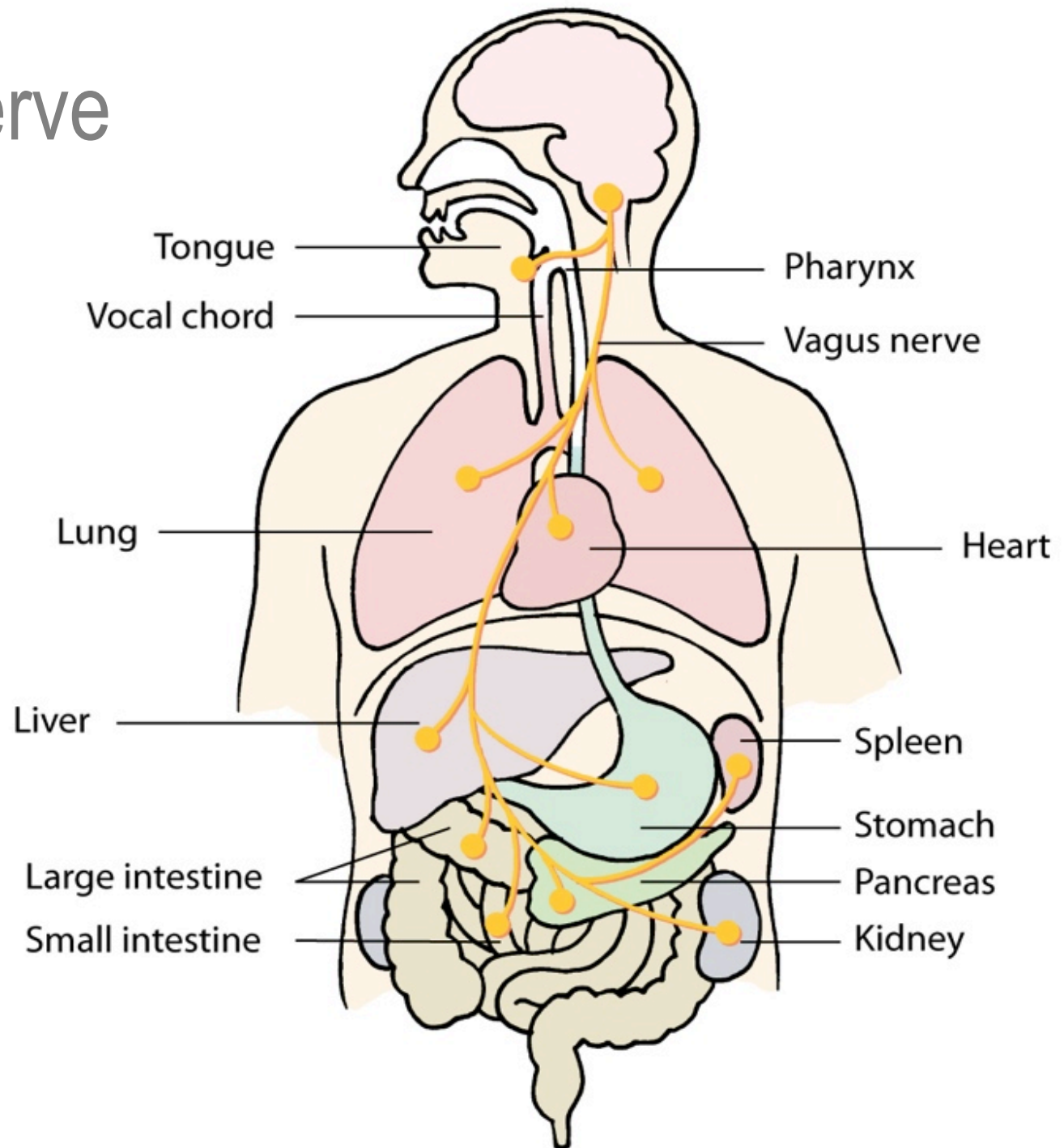
(hormone highway)

# Vagus Nerve

## Connects

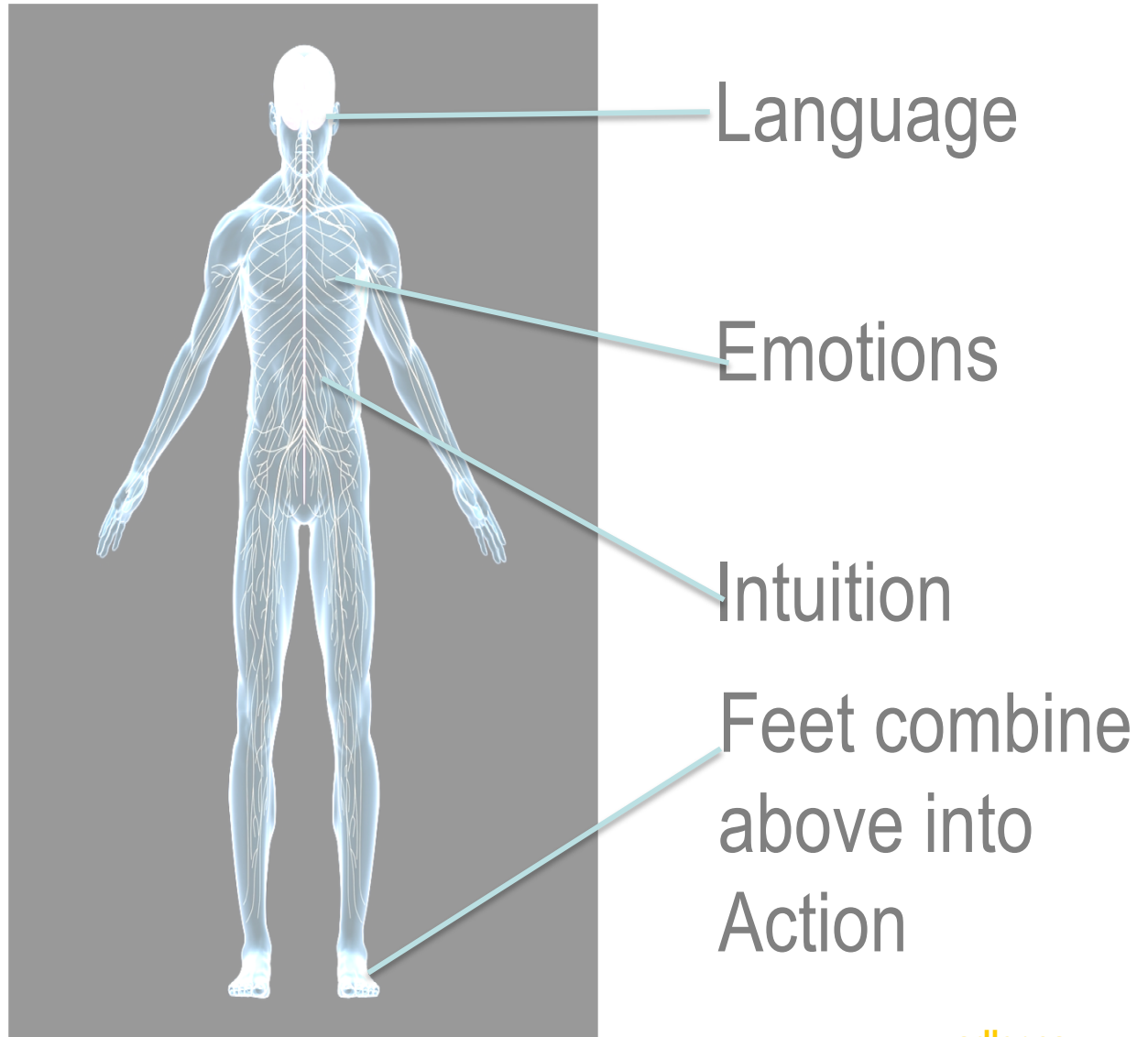
- Head
- Heart
- Gut

(& glands)

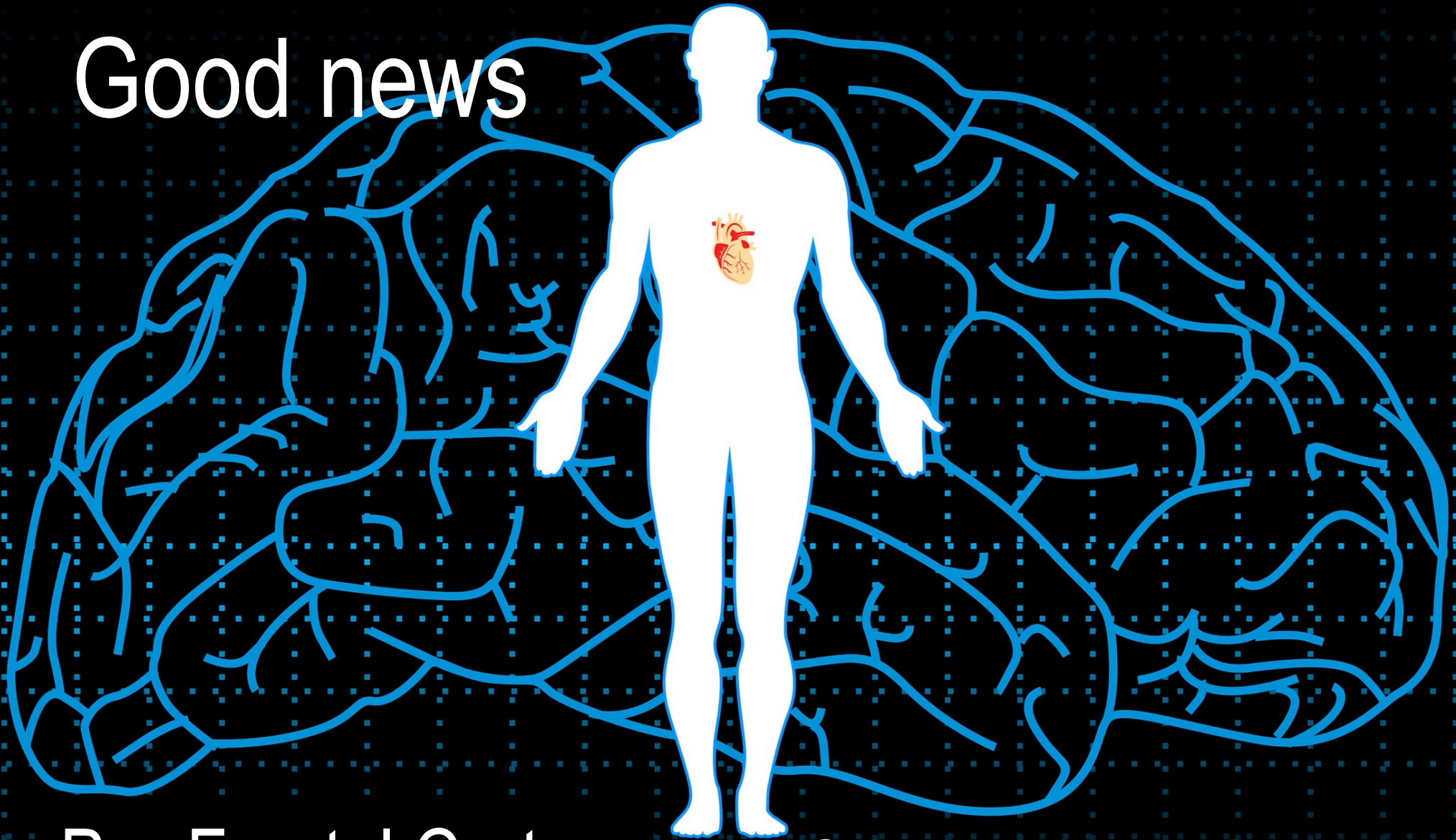


# Neuroception

- Brain(s) in
  - Head
  - Heart
  - Guts
- Constantly evaluate risk
- Send & receive messages



Good news



Pre-Frontal Cortex

Can consciously down-regulate risk response



# Mirror Neurons & Feelings of Safety

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When safety is communicated, both parties enter a physiological state that allows for growth & change

...Geller & Porges

# Relationships

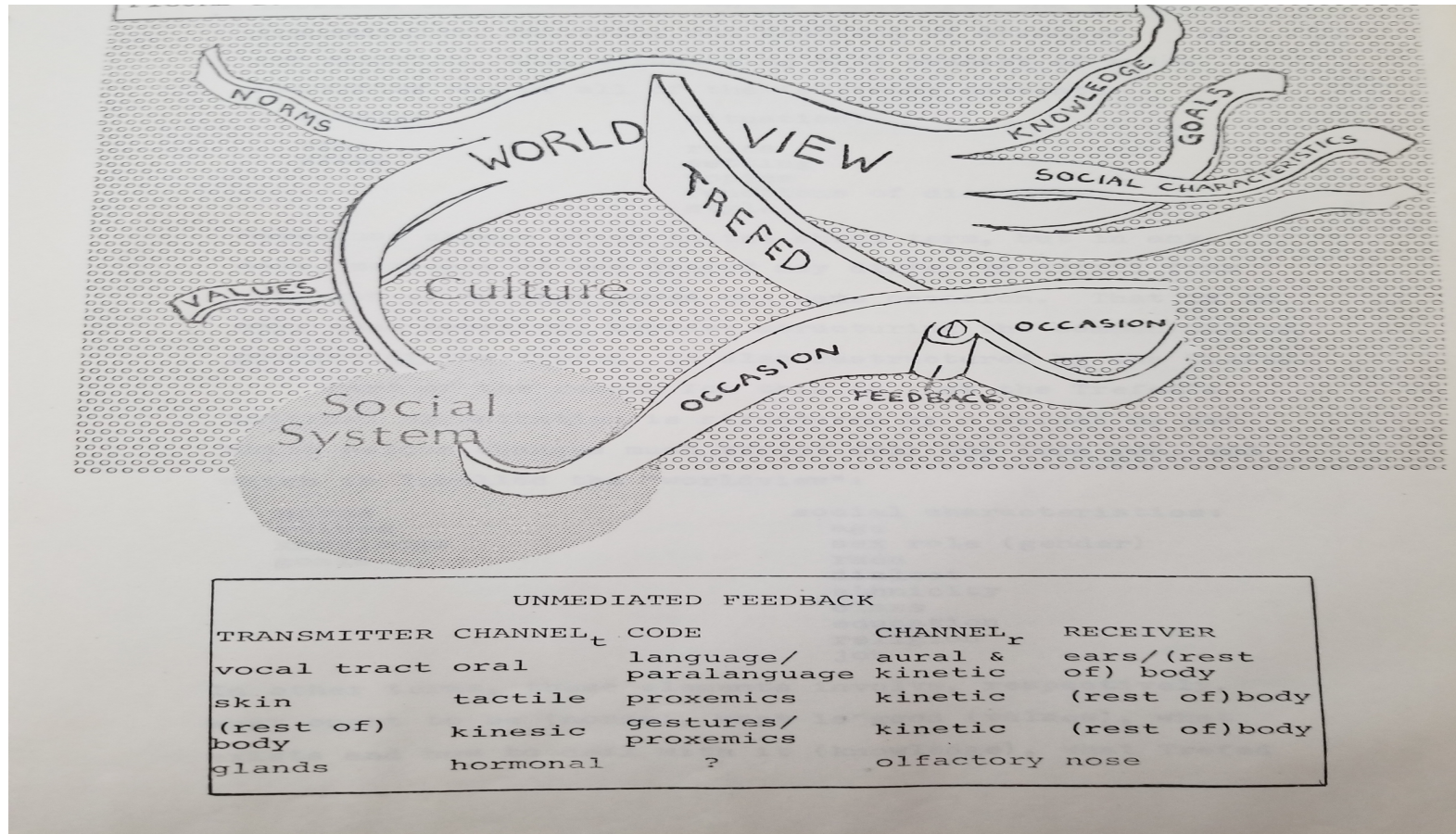
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- Relationships as webs-but webs of what?



# Information Theory

## Importance of Feedback



# Coaching Presence

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- Why & how do positive emotional interactions encourage openness & intimacy?





# Inquiry

How can having a “feel” for systems  
help achieve & maintain coaching  
presence, trust, & intimacy?



# Reference

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- This article about therapeutic presence applies also to coaching:

Geller, S., & Porges, S. (2014). Therapeutic presence: Neurophysiological mechanisms mediating feeling safe in therapeutic relationships. *Journal of Psychotherapy Integration* 24:3, 178-192.

# Thank you

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