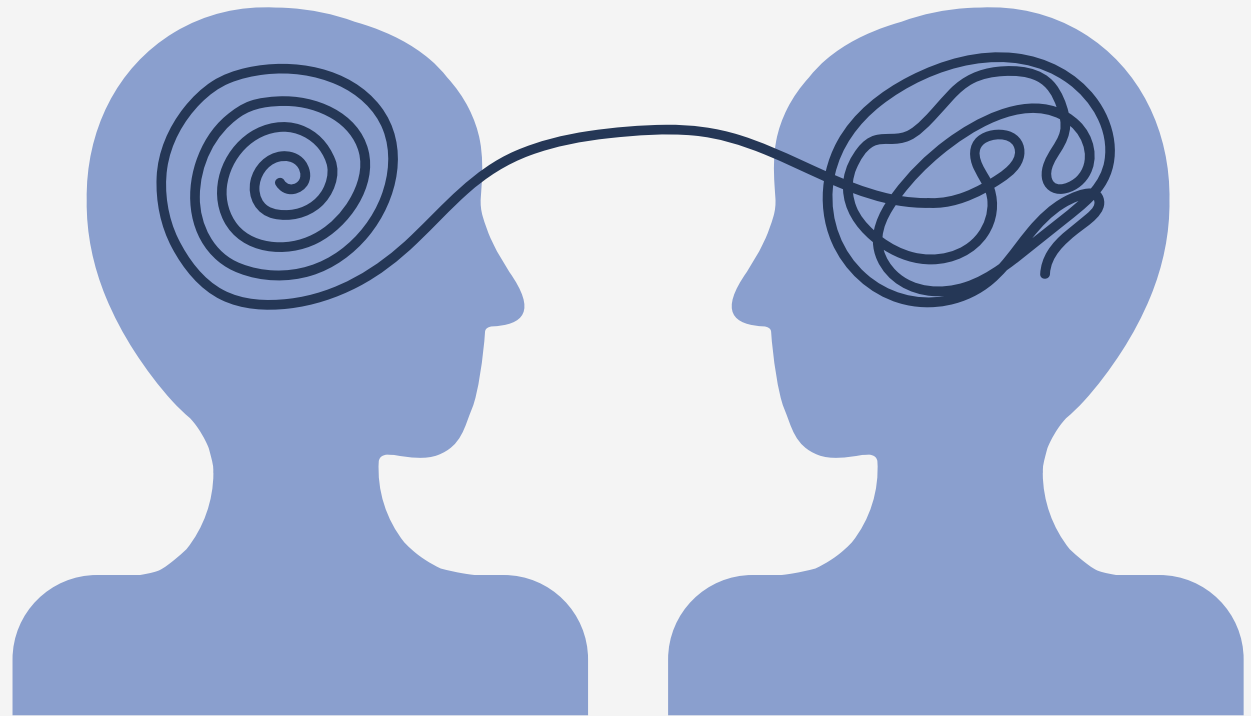


The Relationship between the PISTA User and Coach



A sound relationship between the coach and the user is imperative to the PISTA method. To facilitate this, PISTA creates an environment and context where the user feels safe and comfortable for self-assessment. Most psychodynamic therapies remove the unequal power and relationship between the coach and the client in order to promote dialogue without power dominance.



The PISTA coach is trained to respect the user's ways of developing his or her own learning program and knows how to listen attentively without interfering with the user's self-discovery.



During the session, the coach guides the user through a self-questioning technique that approaches complex issues like anxiety, stress, fear, and childhood problems.



The alliance that develops between the coach and the user is also a key contributor to a successful PISTA program and is the vehicle through which change occurs.

