

REV. PETER FOX AND DR. KAY U. BRÜGGE

INTEGRAL THERAPY AND COACHING PRACTICE

These days, when we buy a motor vehicle, its common course to opt for a maintenance plan, even though these can be quite expensive. In fact we are often more considerate of our vehicles than we are about our relationships—expecting them to self-maintain themselves and failing to understand what sustains them. There is no licence or road worthy certificate required when we couple with each other.

A UNIQUE BLEND OF THERAPY AND COACHING

Few individuals or couples take out a ‘maintenance plan’ for themselves or their relationship. They drive the relationship ‘vehicle’ over many years with the hope that it won’t fail and often only seek help when it’s almost beyond repair. By then, it takes time and energy to troubleshoot what actually went wrong and how to set it right. And, even the best maintained vehicle could break down from time to time.

Thankfully, once ‘repairs’ have been made through couple’s or individual therapy, further breakdowns can be prevented and the relationship can be maintained through coaching. (Refer to the table below for an overview of therapy and coaching).

This is what we are offering at **Fox-Brügge Inc. Therapy and Coaching Services**. We work closely together to transition couples and individuals from a therapeutic setting to a coaching realm to help them solidify, enrich and maintain their learnings, foster resilience and prevent future breakdowns.

BENEFITS

By opting into our offering you would:

- Identify core problems in your relationship and learn to remedy these;
- Fire-proof your relationship;
- Make your relationship more resilient;
- Make your relationship more sustainable;
- Enhance communication; and
- Sustain the core of love in the midst of life stressors such as finance; work-stress; and other day-to-day challenges.



Rev. Peter Fox [Therapy]

Explorative
 Identify the story lived
 Own the process
 Healing possibilities
 Different conversations
 More Reflective
 Spiritual Attitudes
 Think yourself into a new way of acting
 Sounding board
 Insight as growth catalyst
 Application of psychological principles



Dr Kay U. Brugge (Coaching)

Generative
 Maintain it
 Growth
 Measurable Outcomes Driven
 More tools
 Success is presence of solutions
 Act yourself into a new way of thinking
 Doing the right things (leading)
 Sounding board
 Insight as growth catalyst
 Application of neuro-psychological principles



CREDENTIALS

Rev. Peter Fox (Therapy)

Peter Fox has 35 years pastoral and counselling experience. He specialises in grief and couples therapy drawing on 17 years' experience as the Spiritual Care Team Leader working with an inter-faith team of counsellors, some trained professionally and others trained through the Hospice. He did this as part of an inter-disciplinary team with doctors and nurses and social workers at St Luke Hospice in Cape Town. A legacy book called *Opening a Window* edited by Prof Schwarz, Marius Brand and Barbara Hutton is a testimony to the work of spiritual care at Hospice. He is also the co-author of *Dying: A Practical Guide for the Journey*.

A recent Publication is *Virtuoso Organization* which is a book looking at the virtues of Leonardo da Vinci as applied to business leadership. He is one of the contributors and authors of this book. He works within a framework of spiritual insights, awareness and sensitivity to the complex ways of psyche.

He is also a trainer, workshop facilitator and rites of passage specialist (weddings, funerals, naming and blessing ceremonies) and is trained in Theology and Psycho-analytical Psychotherapy. He is based in Cape Town but does travel to other provinces facilitating workshops and training.

Services:

- Counselling
- Spiritual Direction
- Mentoring
- Grief Therapy

Dr. Kay U. Brügge (Couples and Individual Coaching)

Kay completed his BA(Hons) and Masters (with distinction) in psychology at the University of Pretoria. In 2002 he obtained his DPhil (Neuropsychology) at the University of Johannesburg. He practiced as a Neuropsychologist (then accredited by the South African Neuropsychology Association - SACNA) for a number of years, focusing on the dementias and traumatic head injury, inter alia. Thereafter (2004-present), he pursued a career in Life Coaching and Executive Coaching. Kay has coached senior executives and presented Emotional Intelligence (EI), Coaching and Stress Management Workshops in the public and private sectors. He has a good understanding of the challenges facing individuals in leadership and management positions as well as couples and how to help them resolve these. He has written two books: A self-help book for couples (“The 4 Couple Currencies”) and a book on Metaphor (“Planting the Impatience: The gift of Transformative Metaphor in 3 easy steps”).

Services:

- Life Coaching
- Executive Coaching
- Couples Coaching and relationship enrichment
- Stress Management/Resilience.
- Emotional & Social Intelligence, i.e. the ability to understand and manage one's own emotions and those of others as they happen with specific emphasis on, amongst others:
 - self-awareness;
 - social intelligence;
 - impulse control;
 - assertiveness;
 - empathy; and
 - inter-personal skills.

Kay makes use of a blend of psychological approaches, including transactional analysis (TA) and systems theory, and draws on his neuro-psychology expertise and experience, ensuring a brain based approach to coaching.

HOW SESSIONS ARE STRUCTURED

- 3 hours therapy with Rev. Peter Fox
- 3 hours coaching with Dr Kay U Brügge
- 1 hour jointly facilitated coaching-psychology session with Rev Fox and Dr. Brügge to link therapy and coaching.

RATES

On request.

CONTACT US TO SET UP YOUR SESSIONS

Rev Peter Fox

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Dr. Kay U. Brügge

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DIRECTIONS TO ROOMS (SEE MAP BELOW)

Turn off Belmont Road into Queen Road and then immediately left into Gatley Road. Park behind the church hall and walk around the left side of the hall to the security gate. Press the buzzer marked Office/Counsellor and proceed to the office at the back of the church.

