

## *Differences Between Therapy and Coaching*

<u>Type of Service</u>	Therapy/Counseling	Coaching
<u>Who the Client Is</u>	<ul style="list-style-type: none"><li>◇ Someone in pain</li><li>◇ Someone with a problem</li><li>◇ Someone with a psychiatric diagnosis</li></ul>	<ul style="list-style-type: none"><li>◇ Someone who wants to achieve a higher level</li><li>◇ Someone who wants to make their life better</li><li>◇ Someone who is healthy and functional</li></ul>
<u>Focus of Services</u>	<ul style="list-style-type: none"><li>◇ Relief of psychological pain</li><li>◇ Improving ability to cope with problems</li></ul>	<ul style="list-style-type: none"><li>◇ Setting goals and taking action to work toward those goals</li><li>◇ There is no assumption that there is a “problem” to be fixed</li></ul>
<u>How Services Are Delivered</u>	<ul style="list-style-type: none"><li>◇ Face-to-face with a therapist in individual, group or family session</li></ul>	<ul style="list-style-type: none"><li>◇ In person, by phone or e-mail with the coach</li></ul>
<u>Role</u>	<ul style="list-style-type: none"><li>◇ Therapist is seen as an expert, and may have to take some responsibility for the client</li></ul>	<ul style="list-style-type: none"><li>◇ Coach is a partner with the client</li><li>◇ Client has responsibility for creating their desired outcomes.</li></ul>
<u>Results</u>	<ul style="list-style-type: none"><li>◇ Relief of psychological pain</li><li>◇ Treatment of emotional Disorder</li><li>◇ Client learns to cope with their problem better</li></ul>	<ul style="list-style-type: none"><li>◇ Client takes action and builds momentum necessary to reach their goals</li><li>◇ Client enhances quality of life</li></ul>
<u>Time Frames</u>	<ul style="list-style-type: none"><li>◇ Focus is on the past or the past’s impact on the present</li><li>◇ Resolution of past moves client forward</li></ul>	<ul style="list-style-type: none"><li>◇ Focus is primarily on the present and future</li><li>◇ Coaching uses information from the past to clarify where the client is today</li></ul>