

## Counseling vs. Coaching

### How to Discern the Right Kind of Support

Category	Professional Counseling	Coaching
Primary Purpose	Healing, stabilization, and treatment	Growth, clarity, direction, and development
Starting Point	Emotional pain, distress, or impairment	Desire for change or forward movement
Diagnosis	May involve assessment and diagnosis	No diagnosis
Mental Health Symptoms	Moderate to severe symptoms	Mild distress or growth-focused
Crisis & Safety	Can assess and manage risk	Not appropriate for crisis care
Past vs. Future Focus	May explore past to heal present function	Primarily present- and future-focused
Structure	Ongoing, typically weekly or bi-weekly	Often time-limited or intensive
Insurance	May be insurance-eligible	Not covered by insurance
Faith Integration	Varies by provider	Often explicitly faith-integrated
Best Fit When	You feel overwhelmed, unsafe, or stuck	You feel stable and ready for growth

Many people benefit from both counseling and coaching—either sequentially or together.  
The goal is not a label, but wise care that leads to greater peace with God, self, and others.

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