

The Differences Between Therapy and Coaching

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Mental Health Counseling	COACHING
A client needs emotional healing	The client is generally happy but has some concerns on how to improve certain areas of his life - relationships, business, finances, etc.
Requires a Diagnostic code and mental health chart	Rooted in educational personal growth strategies in all life areas, and teaches the motivation to reach your goals
Goals for self-understanding	Goals to move to a higher level of functioning
Focuses on feelings; past events	Focus on The Now; actions to improve the future
Explores the roots of problems	Focuses on solving problems to become better
Brings the unconscious/conscious	Focus on conscious decisions; retraining beliefs
Resolves pain, let go of old patterns	Learn new skills to grow & make effective choices; goals become specific actions
A Therapist is nurturing, listens	A Coach is directive, motivational & instills action

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