

## Differences between Therapy and Coaching

A session with a therapist, coffee with a friend, an appointment with a coach, or even simply petting the dog can all be therapeutic -- they provide help and support. Listed below are the classical and historical way to differentiate between therapy and coaching. Good coaching and good therapy probably overlap quite often.

<b>THERAPY</b>		<b>COACHING</b>
The therapist is in charge. The "mental health professional" diagnoses and sets the agenda.	<b>Power</b>	The client is in charge. Coach works for the client and client determines the agenda.
"Fix what's broken"	<b>Function</b>	Develops strengths
<u>Feelings</u> and <u>past events</u>	<b>Focus</b>	<u>Actions</u> and the <u>future</u>
Heal dysfunction and pathology; Improve the "being"	<b>Purpose</b>	Focuses on <u>actions</u> and the <u>future</u>
Core beliefs	<b>Depth of Work</b>	Behaviors and skills
Explores the root of the problems	<b>Process</b>	Focuses on solving problems
The client needs healing	<b>Assumption</b>	The client is whole
Works to bring the unconscious into consciousness	<b>Path to Success</b>	Works with the conscious mind
Works for internal resolution of pain and to let go of old patterns	<b>Method</b>	Works for external solutions to overcome barriers, learn new skills and implement them
<u>Therapists</u> deal primarily with answering the question "Why do I...?"	<b>Questioner and Questions</b>	<u>Coaches</u> ask the questions "Who are you? Where do you want to go? and What do you want your future to look like?"

Sources: Hayden and Whitworth (1995), The Relationship Coaching Institute, Sharon House

Read and Approved / Signature

Date