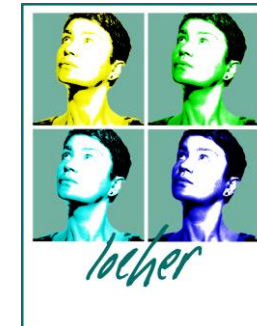


COACHING VS. THERAPY: BOTH HELPFUL, IN DIFFERENT WAYS FOR DIFFERENT APPLICATIONS*



Coaching

Sees client as capable of leading their own lives in resourcefulness. Does not diagnose and treat. Co-creation and collaboration.

Helping people to address blocks they have or dissatisfactions to lead a happier life and to help people reach their goals. Coaching clients are normally able to go about their day-to-day life and just want help with one specific topic. Can include recommendations how to lead a healthier life, never includes medication.

Forward looking, focused on growth. Often dedicated homework between sessions and accountability check-ins. Focus on action and solutions.

Coach is expert in the process, what unfolds is a co-creation between coach and coachee.

Can be shorter in duration.

Either part of somebody's leadership development, business development or privately funded

Practitioner can be anybody, this is not regulated in most countries. People often choose this as a second career after having been successful somewhere else. Good coaches are professionally trained, often member of a professional body such as the ICF and hold themselves to professional standards like ongoing training and supervision.

Responsible coaches know the limits of their practice (and qualification) and will refer as needed.

In both cases: Thank you for expressing interest in improving your own life, and in taking responsibility to do so. The boundaries aren't often as clear-cut as you start the journey. Do start your journey though, don't let this put you off! Looking for help is the first step in getting it.

In times of crisis: Act immediately. Got to A&E, call 999 (or your local emergency number), or call the Samaritans <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

*This does not constitute medical advice

Therapy

Tends to view clients through a medical lens, often helps achieving resourcefulness. Diagnoses and treats.

Mental health intervention (for the most part this can be linked to a diagnosis). Some forms of mental illness will make it difficult for people to go about their day-to-day life, particularly when there is a flare-up. Sometimes approaches can include medication.

Often focused on overcoming something that happened in the past. Typically no contact between sessions and less homework (if any). Focus on insight into a problem or challenge.

Therapist is the expert and guides the patient/client, often with a treatment plan.

Often longer-term.

Often part of the mental health provision in a country, paid by insurance or privately

Practitioner is mental health professional (licensed according to regulations in that country, has to undergo continuous training and supervision)

<https://christinelocher.me/>