

PARADIGM Life Coaching Solutions

Empowering Today ~ Envisioning Tomorrow

www.paradigmlifecoachingsolutions.com

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Differences Between Psychotherapy and Coaching

Coaching

Views both parties as naturally creative, resourceful, and whole. Does not diagnose or treat.

Trained to work with functioning clients.

Works with clients that are able to form an alliance and have common goals.

Co-Active Model.

Coach and clients are both on a peer basis.

Alliance designed by coach and client together.

Focus on evolving and manifesting potential.

Emphasis on present and future.

Action and being oriented.

Solution oriented.

Explore actions and behaviors that manifest high self-esteem.

Regard and coach negative self-beliefs as Saboteurs (temporary obstacles).

Coach and client ask: "What's next/what now?"

Works mainly with external issues.

Discourages transference as inappropriate.

Uses Coaching skills

Accountability and "homework" between sessions held as important.

Contact between sessions for accountability and "wins" expected.

Psychotherapy

More apt to view clients from a medical model. Diagnoses and treats.

Trained to work with major mental illness.

Works with clients with entrenched problems.

Therapist is the "expert".

Hierarchical difference between therapist and clients.

Treatment plan largely designed by therapist.

Focus on healing and understanding.

Emphasis on past and present.

Insight oriented.

Problem oriented.

Explore genesis of behaviors that create low self-esteem.

Analyze and treat origins and historical roots of negative self-beliefs.

Therapist & client ask: "Why and from where?"

Accountability less commonly expected.

Contact between sessions less common.

Uses therapy techniques.

It should also be acknowledged that the difference between some types of therapy and personal coaching aren't always clear-cut. Many therapists are "coach-like" in their orientations and the two do share some common ground.

Both disciplines can be working with fully-functioning individuals/couples who are facing difficult situations. Both professionals focus on helping people make changes and accomplish goals that really matter to them.