

General Differences Between Coaching And Therapy:

Therapy:	Coaching:
Assumes the client needs healing	Assumes the client is whole
Roots in medicine, psychiatry	Roots in sports, business, personal growth venues
Works with people to achieve self-understanding and emotional healing	Works to move people to a higher level of functioning
Focuses on feelings and past events	Focuses on actions and the future
Explores the root of problems	Focuses on solving problems
Works to bring the unconscious into consciousness	Works with the conscious mind
Works for internal resolution of pain and to let go of old patterns	Works for external solutions to overcome barriers, learn new skills and implement effective choices

Adapted from Hayden and Whitworth, 1995

- Mainstream coaching tends to occur over phone so it is more convenient than going to a therapist. However, face-to-face contact nothing can replace. So a client's issues will determine which treatment is most effective.
- Coaching is often used as well for corporations or sports organizations where there is more interaction and accountability.
- **The similarities between both are important to note:**
 - All individuals who work with a coach or a therapist are interested in a "better" future
 - Therapy and Coaching offer skills and possibilities for that future – the methodologies employed are different
 - The quality of the relationship is the essential mechanism by which change is effected.
 - Self awareness on the part of the coach and therapist is essential for successful work with clients
 - Unconditional positive regard, empathy and a person-centered approach are key to both approaches