

The following is excerpted from an article in *Choice* magazine (Volume 5, Number 3) by Patrick Williams, EdD., MCC., director of the Institute for Life Coach Training. To read the entire article, use the following link: http://www.lifecoachtraining.com/resources/articles/articles/Choice_Border_line.pdf

Distinctions Between Therapy and Coaching

Therapy

Deals mostly with a person's past and trauma, and seeks healing.

Doctor-patient relationship (Therapist has the answers).

Assumes emotions are a symptom of something wrong.

The Therapist provides professional expertise and guidelines to give you a path to healing.

Coaching

Deals mostly with a person's present and seeks to guide them into a more desirable future.

Co-creative equal partnership (Coach helps client discover their own answers).

Assumes emotions are natural and normalizes them

The Coach stands with you, and helps YOU identify the challenges, then works with you to turn challenges into victories and holds you accountable to reach your desired goals.

Coaching is a developmental model that assumes that, just like the acorn that grows into the mighty oak, the client already has the seeds of their own magnificence.

Another thing that distinguishes coaching from psychotherapy is that coaching is a professional, contractual relationship of equals.