



COACHING OR THERAPY

Q. Kerry, what's the difference between mindset coaching and therapy?

Great question.

They're both in the mental health realm. Yet it's kind of like asking what's the difference between a physiotherapist and a trainer.

The healing continuum

Imagine for a moment you break your leg. The fracture results in instability.

Your path to full recovery will probably involve a doctor to treat the fracture and protect your leg from further damage by making it stable.

You may then need a physiotherapist to recondition your leg to promote dynamic stability.

Once your leg is back to its baseline pre-injured state you may want to invest in a personal trainer to get your body in optimal condition. Or if you have a goal like running 5km, or you're a competitive athlete you may want to invest in an elite sports coach.

At this point your leg has integrated the injury, is fully healed, and is now ready for high performance.

Each has its place and sometimes you may want a mix. You may be working with a doctor on an acute injury, working with a physio on a compensation pattern, and working with a sports coach on improving your technique.

It's similar with our mental health. We might go through an acute crisis like a sudden trauma, or have a chronic issue like anxiety where we may benefit from the support of mental health professionals like psychiatrists and psychologists.

They help us recover and promote stable functioning and dynamic stability.

Whereas if you want to excel in some area of your life that's where the support of a Mindset Coach can be transformative. They tend to focus on dynamic stability to integration.

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Past, present and future

Therapy tends to look at what's happened in your past and how it is impacting your life now. Mindset Coaching tends to look at what's happening in your present and helps you implement solutions for your future. A key role of your coach is to show you how your brain is working.

Some people use a combination of approaches for different areas in their life. They may want help from a psychologist and perhaps medications to manage their anxiety, and the support of a Mindset Coach to help them transform key areas of their life.

I've done that. Used a combination. A couple of coaches and a psychotherapist. Just like when I was an athlete and I invested in a coach, a physio, and a sports doctor.

The right fit

There are great psychologists and psychotherapists and psychiatrists. And there are terrible ones. Just like there are great life, mindset or performance coaches. And there are terrible ones. There are coaches we gel with, and coaches we don't. Good coaches know that and don't try to pressure you to gel with them.

It can take some shopping around to find someone that is the right fit of skill, experience, temperament for you. Good coaches understand that and don't take it personally.

Holding space

What's important is that you are listened to, respected and supported. What's critical is that your coach holds space for you.

