## COACHING VS. \_\_ THERAPY

THERAPY LICENSED EXPERT COACHING TRAINED FACLITATOR

Past, Present & Future
Focused

Offer Advice, Opinion, and

Seek Healing

Psychological Testing,
Diagnosing and Treatment
Crisis Management &

Focus on Cognitive & Emotional Coping

Present & Future Focused

Facilitate Solf Discover

Dartnorchin with Clients

Partnership with Clients

Client Empowerment

Non-Directive No Advice

Goal Setting and Progress

Process for Sustained Change

Resource Optimization

Active Listening & Curiosity

Action Oriented

Solution Focused

Strength-Based

-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10

Confidential

Skill Building

Behavior Change

Safe Space

**Dysfunctional** 

Therapy

**Normal Functioning** 

Coaching

**Thriving** 

WELLNESS CONTINUUM REFERENCE: JASON HUGHES, LPC-S, CHANGEPOINT COUNSELING