

Therapist vs. Health & Wellness Coach vs. Life Coach

Clarifying Roles to Choose the Right Support

Feature	Therapist	NBC-HWC Coach	Life Coach
Certification	State License	National Board (NBHWC)	Varies, no standard
Focus	Mental illness, trauma, healing	Lifestyle change, habits, health	General growth, varies widely
Approach	Clinical therapy (CBT, EMDR)	Motivational interviewing, client-centered	Depends on training
Scope	Past & present	Present & future	Not standardized
Best For	Emotional healing, trauma, diagnoses	Stress mgmt, balance, habits	General personal support

Therapists treat mental illness. NBC-HWC coaches guide lifestyle and behavior change. Life coaches vary in training and scope. Choose based on your needs — healing, habits, or growth.