

Therapy vs. Coaching: What is the difference?

Therapist

CREDENTIALS

- Must have advanced degree and State license to practice therapy/counseling.

TOPICS

- Focus is on mental health.

TENSE

- Exploring the past and the present

STRUCTURE

- Session time and structure vary based on the treatment modality and acuity.

MODALITIES

- Varies based on provider. Common are evidence-based treatment modalities such as: Trauma-Focused, DBT, CBT, Family Systems, Play Therapy

DURATION

- Typically, unlimited sessions if medically necessity is documented.

INSURANCE COVERAGE

- Covered by major insurance carriers, Medicaid, and Medicare with an appropriate covered mental health diagnosis. May be eligible for reimbursement for out of network therapists.

Coach

CREDENTIALS

- Anyone can call themselves a coach.

TOPICS

- Focus in on establishing goals.
- Can include Parent Coaching; Life Skills Training; Relationship Building; Career Coaching

TENSE

- Examine the present and focus on the future.

STRUCTURE

- Sessions often have a structure and assignments.

MODALITIES

- Motivational Interviewing
- Cognitive Behavioral Coaching – with a coach specifically trained in Cognitive Behavioral Therapy Strategies

DURATION

- Often short-term

INSURANCE COVERAGE

- Services are paid for “out-of-pocket”; insurance coverage does not apply.