



Therapy Vs. Coaching

Coaches aid their clients, both as a peer and as a supporter, to help them reach their personal goals for their own recovery. Coaching provides support as a person begins to take greater levels of ownership in their future.

What coaches do:

- Coaches are guides, teachers, and mentors. They come alongside their clients as peers.
- Coaches build healthy relationships with their clients so they can learn how to have healthy relationship with themselves, others and the world.
- Coaches goal set with their clients, helping them map out a path that brings them closer to leading the life they want to live.
- Coaches share their personal experiences to let the clients know they are not alone in that they are facing and to validate their client's experiences
- Coaches help their clients shift their thinking when that thinking hampers their recovery.
- They help them find a new, healthier perspective.
- Coaches help their clients celebrate their progress.
- Coaches help their clients build a healthy view of themselves, others, and the world.
- **Coaches do not treat, nor diagnose mental health illnesses.** It is not uncommon for clients to be involved in both coaching and psychotherapy at the same time if warranted. Consultation is very possible and encouraged.
- Coaching tends to be more collaborative, working with clients as peers. Goal setting is client directed.
- Coaches do not operate from a traditional medical model.
- Coaches may assign homework or have contact outside of the scheduled appointment.