



## “Differences Between Coaching and Therapy”

This is certainly a question I get asked quite frequently so I thought it would be important to highlight in my blog today.

Listed below is a snapshot of the differences between therapy and ADHD coaching:

- Both coaching and therapy deal with feelings and beliefs to some degree, but at very different levels
- A therapist focuses on very painful feelings and negative or self-defeating beliefs and behaviors. A coach does not get involved with emotional, cognitive, or behavioral problems of clinical intensity (depression, anxiety disorders, personality disorders, addictions, etc.)
- Feelings do play a part in coaching and may involve frustrations, fears of failure, avoidance behavior, and loss of confidence. A coach’s focus, through a process of self-discovery, is to work with the client and aid in motivational techniques and day to day structural changes to determine what helps a client achieve his/her goals
- By overcoming past obstacles and recognizing and enjoying these successes, this may absolutely increase self-esteem and produce a reduction in stress, anxiety, and worry!

For a complimentary phone consultation, please call Christine L. Robinson, M.Ed. Certified ADHD Coach/Educational Consultant at 617-842-0634 or [Christine@ADDActionCoach.com](mailto:Christine@ADDActionCoach.com).

Skype or Face time sessions are also available.

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