

COMPARISON CHART THERAPY and COACHING

Coaching: The **International Coach Federation** defines **coaching** as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.

THERAPIST	COACH
<p><i>Works with:</i></p> <ul style="list-style-type: none"> • Clients who are having difficulty functioning or are dealing with observable dysfunctions, i.e., depression, anxiety, addictions, etc. • Clients dealing with current traumas or old pain and issues. 	<p><i>Works with:</i></p> <ul style="list-style-type: none"> • Clients who have healthy lives and are designing their future based on a strong personal foundation. • Clients who want more joy in life, who wish to double their income, get the most out of business or life pursuits, etc.
<p><i>Approach:</i></p> <ul style="list-style-type: none"> • Holds mandatory face-to-face sessions. • Does not give advice or tell patient what to do. • Helps with coping mechanisms to resolve old pain. • Helps correct cognitive disorders. • Teaches how to be less reactive by changing behaviors. • Listens and reflects. 	<p><i>Approach:</i></p> <ul style="list-style-type: none"> • Holds sessions by telephone, in office, or on-line. • Gives advice in many forms, but only within their expertise. (Refers out for therapy.) • Introduces tools and new skills to assist client to achieve selected goals. • Helps clarify client's values, matching those values to goals. • Listens, reflects, and problem-solves. • Does not allow for large amounts of negative time.
<p><i>Client Relationship:</i></p> <ul style="list-style-type: none"> • Strong boundaries, involving legal and ethical limits and guidelines. • Client is not allowed to know therapist personally. • Relationship totally related to client issues. • May involve crisis or emergency. 	<p><i>Client Relationship:</i></p> <ul style="list-style-type: none"> • High level of ethics in place by ICF. Stated and co-signed boundaries. • Coach and client are equal partners in the process. • Coach and client share information. • Emergency or crisis not involved.
<p><i>Finances:</i></p> <ul style="list-style-type: none"> • Client payment is made after each session; paid by client or insurance filed by therapist for third-party payment. 	<p><i>Finances:</i></p> <ul style="list-style-type: none"> • Priced by the month, payment is made in advance for the month, not by the call or visit. • Coach does not file for insurance reimbursement.

**My signature on this information means that I understand and accept that
I am a client for a coaching program, not for therapy.**

Name: _____

Date: