

## Counseling and Coaching: What's the difference?

Talk to your coach or counselor about which avenue of exploration might be best for you! And in some cases, it may be both! Many people will work with a counselor on issues that are unresolved, while working with a coach to actualize specific goals in their lives. Below are some common guidelines. As you consider your options, remember that this is your life! You will know what is best for you.

There are significant differences between the field of counseling (psychotherapy, psychology) and the field of coaching and these differences define why an individual would choose one or the other.

- Counseling addresses issues that span the whole spectrum of psychological need, from family of origin issues, trauma and psychological wounding to issues in present time in all areas of life, to issues of future orientation.
- Counseling may be long term, depending on the need.
- Counseling may focus on the client's express need for deepening self-awareness and a general desire to explore the inner and outer reaches of their own human nature.
- Counseling is done face to face in hour-long sessions.

Counseling may be insurance reimbursable.

- Coaching focuses more distinctly on the creation and manifestation of specific goals. Like the sports coach, from which this field has emerged, there is a desired outcome that is articulated and worked towards.
- Coaching does not orient itself towards issues from the past, though might reference those if they present as blocks to current goals.
- Coaching will often be short-term.

Coaching is directed towards inner and outer change with a focus on action. Coaching is most useful for those who experience themselves as "ready" to take next steps in their lives.

Coaching is designed to support conscious evolution and a response to the "Call of Self"

- Coaching will not be appropriate for people struggling with deeper psychological issues or diagnosed mental health disorders.

Coaching is not insurance reimbursable.