



# Coaching vs. Therapy

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Coaches and therapists share a common goal, to enhance well-being for those they serve. Some therapists are also coaches. Some coaches are also therapists. The difference lies in the client's needs and the most fitting approach for the client.



## Top Google Question About Life Coaching: How is a life coach different from a therapist?



### Coaching

The client is functional and does fine with daily tasks. The client is considered psychologically normal and copes well with life stuff.

The client wants to be better, grow, or set and achieve higher goals.

The client wants to improve performance, relationships, or life satisfaction.

The client is looking for a success partner to help facilitate the next level of growth, advancement, or change.

### Client's Needs

### Therapy



The patient is dysfunctional and has psychological issues, concerns, or symptoms that interfere with daily tasks.

The patient needs help coping, alleviating pain, or distress related to trauma, disorders, or illness.

The patient wants to work through the problems and get back to normalcy.

The patient is looking for a mental health professional to help them overcome and live well again.

## Intervention Approach

### Coaching

Present and future focused

Solution-focused and action-oriented

Strength-based

The coach does not offer advice, opinions, or solutions.

The coach facilitates the client's progress, growth, and resourcefulness.

The coach helps the client build competencies and find own solutions. No diagnosing or treating.

Teach a man to fish approach.



### Therapy

Past, present, & future focused

Problem- or solution-focused. Varies.

Can be strength-based. Varies.

The therapist does offer advice, opinions, and solutions.

The therapist is viewed as the expert to help resolve or process through what's wrong.

Psychological testing, diagnosis, and treatment.

Professional intervention approach.

Clients who have resolved issues in therapy may move on to coaching for continued progress.