

# THERAPY AND COACHING

## *Basic Differences in the Professional Approach*



Adopted from an article by Dr. Lee Smith, 6/96

### I. WHO THEY WORK WITH...

Psychotherapists work with people who are diagnosable:

- ◆ They fit into DSM IV categories.
- ◆ They are dealing with dysfunctions that are quantifiable like depression, anxiety, dissociation, addictions, etcetera.

***Coaches work with people who are designing their future based on a strong personal foundation***

- ◆ People dealing with old pain, old issues, or current traumas in their lives.
- ◆ People who are having difficulty functioning.

A Coach works with...

- ◆ People who are healthy and happy with their lives and there is no diagnosable mental state or disease.
- ◆ People who are designing their future based on having a strong personal foundation.
- ◆ People who want to double their income, have more joy in life, get the most out of business and life pursuits, etcetera.

### II. APPROACH...

Psychotherapists:

- ◆ Work in mandatory face-to-face sessions.
- ◆ Usually do not give advice and do not tell the patient what to do.
- ◆ Help their patients resolve old pain and cut through old defenses (coping mechanisms).
- ◆ Help patients correct cognitive distortions.
- ◆ Teach how to be less reactive by changing behaviors.

***A Coach helps you get clear on values, goals and results***

- ◆ Help with empowerment.
- ◆ Listen and reflect.

Coaches:

- ◆ Meetings are conducted by phone, in the office, or on the Internet.
- ◆ Advice is given in many forms.

**CONTINUED**

Cynthia H. Stringer, President of *Success By Design Inc.*, offers coaching programs & presentations that educate and inspire! Contact Cynthia via e-mail at [cynthia@successbydesign.net](mailto:cynthia@successbydesign.net). For further information and to subscribe to the free newsletter, visit her website. © Copyright Success By Design, 2001. All rights reserved.

**Success By Design Inc.**

3176 N. Broadway St. PMB 91  
Chicago, Illinois 60657-4509  
Toll-free: 1.888.610-8967

[www.successbydesign.net](http://www.successbydesign.net)

## PREVIOUS

- ◆ Dramatic advancements in life are not attached to outcome of coaching requests.
- ◆ Simultaneously, a coach is careful not to give advice outside of their own expertise.
- ◆ Refer out for therapy needs.
- ◆ Help the client learn new skills and tools for building and growing business, career, life.
- ◆ Help their clients get clear on value-what is important-and match future goals and outcomes to those values.
- ◆ Encourage and request proactive behavior.
- ◆ Help with Empowerment.
- ◆ Listen, reflect, and facilitate problem solving. Coaches do not allow for large amounts of “negative” time.

### III. THE RELATIONSHIP

#### The Psychotherapist:

- ◆ The therapist- patient relationship is an alliance totally related to the knowledge of the patient's issues. The growth of the therapist is not an issue.

- ◆ The patient is not allowed to know the personal particulars of the therapist
- ◆ Strong boundaries involving stated legal and ethical limits and guidelines.
- ◆ The therapist is required to handle patient emergencies.
- ◆ The therapist may carry a pager.

#### The Coach:

- ◆ The coach-client relationship is an equal partnership
- ◆ A coach may share some personal information with his/her client.
- ◆ A coach puts self second, while operating as a business partner. Many times a coach experiences personal growth simultaneously with the client.
- ◆ Coach and client share information while the coach is guiding the client toward understanding and growth.
- ◆ Awareness of stated boundaries. High level of ethics.
- ◆ No emergencies. No pager needed.

