

Cloravian Life Coaching



Comparison

A common misconception is that coaching is the same as therapy, when in fact they are quite different. Therapy is intended to help people recover from emotional or other psychological disorders such as depression or anxiety. Coaching, on the other hand, is intended to help normal, healthy individuals achieve personal goals such as increased happiness, weight loss, and improved work-life balance.

The table below shows a quick side-by-side comparison of coaching vs. therapy:

Coaching vs. Therapy

Coaching	Therapy
Client is emotionally and psychologically healthy	Client is emotionally unwell and in needs healing
Focuses on the present and future	Focuses on dealing with the past
Driven by goals and taking action	Driven by unresolved issues and feelings
Works toward a higher level of functioning	Works to achieve understanding and emotional healing
Results-based and focuses on exploring solutions	Explores the root of problems and offers explanation
Asks, "Where would you like to be and how can you get there?"	Asks, "How did that make you feel?"
Acts on information	Absorb information
Done over the phone, internet or in person	Done in an office setting

Coach and client collaborate on solutions	Therapist is the 'expert'
Contact between sessions expected (accountability and wins)	Contact between sessions for crisis and difficulties only

Both therapy and life coaching often involve a creative process and may be helpful in achieving personal goals. However, it can be challenging to discern the differences between a life coach and a therapist. When deciding between life coaches and therapists, there are some key differences to be aware of. Exploring the roles and their qualifications in more detail may help you choose the provider best suited to your needs.

What Is A Therapist?

A therapist is a licensed provider that can help you with mental health conditions, stress, life challenges, diagnosis, and assessment.

Those living with mental health challenges often benefit from the guidance of a therapist. Licensed therapists can help treat mental health conditions through assessment, diagnosis, and talk therapy. Therapists may also provide direction in setting goals, finding your potential, and coming up with solutions to life's challenges.

Educated with a minimum of a master's degree in psychology or counseling and licensed in the states where they offer services, therapists complete 1,500-6,000 hours of supervised practice before earning licensure. Therapists are bound by legal and ethical codes that govern their conduct.

Licensed therapists can assist you using numerous research-backed methods like cognitive-behavioral therapy (CBT), motivational interviewing, dialectical behavior

therapy (DBT), cognitive processing therapy, and many more. They may collaborate with clients to develop strength-based objectives, including improving reality testing, reframing, problem-solving, or communication skills. Therapists can also help you discover the roots of relationship problems, familial conflict, and career issues. Some therapists focus on helping clients heal from past trauma or overcome mental health challenges.

Generally speaking, therapy focuses on helping you improve your overall mental health and emotional well-being. While they are not doctors and thus cannot prescribe medication, therapists often coordinate with doctors and other healthcare professionals to provide referrals when necessary.

What Is A Life Coach?

A [life coach](#) is a person who offers life coaching services. Generally speaking, life coaches focus on helping clients achieve personal growth and self-improvement. Coaching services can sometimes be beneficial for those who would like guidance in a particular area of life. However, unlike therapists, life coaches typically are not mental health professionals.

Life coaching is an unregulated profession, making it challenging for clients to properly vet life coaches. There are no state licensing boards or universally accepted standards of education or training for life coaches. Life coaches may or may not have been through training specifically related to mental health or counseling.

A life coach may or may not hold a certificate in life coaching. While healthy life coaching training programs may exist, these programs often require fees and twelve months or more of study. The expense and extended learning times associated with these programs make certification unattainable for many who want to become life coaches. As a result, some people skip training and market themselves as life coaches to begin coaching clients.

Life coaching sessions often do not adhere to the therapeutic standards that govern therapy sessions, including clinical, legal, and ethical standards. For example, a life coach may not adhere to patient laws such as HIPAA.

An ethical life coach will not work with mental health problems if they arise. Instead, they may refer you to a trained mental health counselor. Still, these professionals can help you with coaching around your present feelings, thoughts, and behaviors to improve performance, develop your potential, help you with solutions, provide direction, and assist you with goal setting. Often, coaching sessions focus on one specific area of concern such as career planning, relationship advice, or physical health and well-being.

However, a licensed counselor, social worker, or therapist is more qualified to support you if you seek mental health treatment.

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