

# TRADITIONAL THERAPY, TRANSITIONAL MODELS AND COACHING:

MOVING AWAY FROM THE DISEASE MODEL OF THERAPY  
TOWARDS ACTIVATING HOLISTIC POTENTIAL

*A Presentation By: Dr. Desíree Jabin, Psy.D.*

## TRADITIONAL THERAPY

(Old Style Using the Medical Model : Focused on Diagnosing Disease and Curing)

### Psychoanalysis

Paradigm of Pathology

Orientation

Process

Feelings

Inner World

History

Asking, “Why?”

Therapist as Expert

Client as Patient

Disease Model

Sigmund Freud



Transitional Models (An Awareness Amongst Many Psychologists That Clients Need More Than A Diagnosis, Label, and Treatment Because They Are Not "sick")

The Grey Area: A Time of Transition in Psychology-

Paradigm of Solutions

Short Term Behavioral Therapies

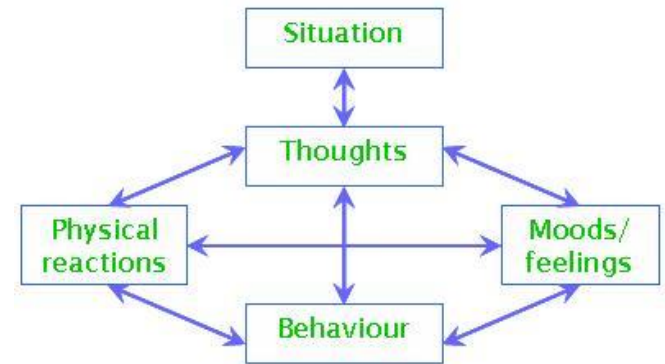
Self Talk seen as a Primary Tool

Attempts to Move away From Pathology

Self Help Movement

Distrust of Psychology and Psychologists

Dependence on Pharmacology



# Coaching- An Improved New Option Ushered in

Whole-Life Coaching

**Paradigm of Possibility**

Orientation

Outcome

Action

Inner to Outer World

**Vision of Future**

**Asking, “How?”**

**Coach as Co-Creator**

**Partnership of Equals**

**Freedom From Managed Care (No Diagnostic Labels Necessary!!)**

