

# What Is The Difference Between Therapy and Coaching?

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Therapy Client:

**“I just don’t know  
what’s the matter with  
me — I’m so  
depressed.”**

Coaching Client:

“I’m not sure where  
to go next; I want to have  
more time  
with my family, but I’m just  
not sure  
how to make it work and  
keep this job.”

# Therapy

VS.

*Coaching*



Coaching clients often know where they want to go; coaches help them clarify goals and see their way more clearly. There is not a power differential per se in coaching.

Good coaches make a conscious effort to keep the relationship balanced.

If you were to observe a coaching session, you would see that it is typically very open — often friendly, casual, and light.

Life coaches laugh with their clients and, when appropriate, may even joke or gently tease.

# Therapy is Different From *Coaching*

- I do not provide psychological services to my clients.
- If I feel a client needs therapy versus coaching I am happy to provide referrals as appropriate



# The Coaching Client

They don't need, or usually even desire, a diagnostic label.

They don't have something broken that needs an expert to fix.

***They just want:***

More out of some aspect of their life and know that by working with a coach, they will achieve greater success in planning, setting goals, and Creating the life of their dreams.



# What Happens in Coaching?



Coaching entails working with an individual who is already adequately functioning, moving him or her to a higher level of functioning

From a theoretical perspective:  
**Coaching focuses on the future, barrier identification, goal setting, planning, and creative action.**

Coaching works **actively with the conscious mind to facilitate the client to step into a preferred future** while also living a fulfilling life in the present.