










Coaching vs. Therapy Guide

Here's a quick guide to help you understand the differences between coaching and therapy:

<h2>Coaching</h2> <p>Coaching is the process through which a certified coach uses evidence-based approaches to help you gain a deeper awareness of a challenge you may be facing, identify growth opportunities, and create action plans to move towards your goals.</p>		<h2>Therapy</h2> <p>Therapy is a treatment in which you and a licensed therapist work together to understand mental health concerns and develop a plan for addressing them. Therapy is appropriate if there's a clinical concern, as defined by the duration of symptoms, severity, and clinically significant interference with social, emotional, and/or occupational functioning.</p>
<p>Address non-clinical symptoms such as burnout and stress</p>	<p>Clinical Symptoms</p>	<p>Address clinical concerns such as ADHD and depression</p>
 <ul style="list-style-type: none"> • Actions to make progress from the present • The "How" in achieving goals 	<p>Focus Areas</p>	 <ul style="list-style-type: none"> • Feelings and beliefs • The "Why" in behavioral patterns
 <ul style="list-style-type: none"> • Maximize potential • Optimize skills • Increase productivity • Goals oriented 	<p>Outcomes</p>	 <ul style="list-style-type: none"> • Address clinical symptoms • Reduce clinical distress and functional impairment • Increase ability to manage clinical symptoms
 <ul style="list-style-type: none"> • Building healthy habits • Reducing stress • Mindfulness • Anxiety around relationships • Productivity • Burnout • Communication skills • Financial well-being • Professional development 	<p>Common Discussion Topics</p>	 <ul style="list-style-type: none"> • ADHD • Anxiety • Depression • Eating disorder • Grief • OCD • Trauma
<p>30-minutes</p>	<p>Session Length</p>	<p>45-60 minutes</p>
 <p>Providers are ICF-Certified (Gold standard of coaching)</p>	<p>Provider Credentials</p>	 <p>Providers are licensed with minimum of Master's Degree</p>



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