

Coaching vs. Psychotherapy

Coaching and Psychotherapy are different approaches to problems and the challenges of life. Here is a simple table that highlights the differences between these approaches:

PSYCHOTHERAPY	COACHING
Deals with an identifiable psychological condition.	Deals with healthy client desiring a better situation.
Deals mostly with a person's current or past difficulties and seeks healing	Deals mostly with a person's present and seeks to help them design a more desirable future.
Helps patient resolve past or current pain or difficulties and build skills to manage problems more effectively.	Helps clients learn new skills and tools to build a more satisfying successful future.
Therapist-Patient relationship (The therapist is the expert).	Co-Creative equal partnership (Coach helps the client discover own answers).
Assumes that negative emotions are a symptom of something wrong.	Assumes emotions are natural and normalizes them.
The Therapist diagnoses then provides professional expertise and guidelines to provide a path to healing.	The Coach stands with the client and helps him or her identify the challenges, then partners to turn challenges into victories, holding client accountable to reach desired goals.
Progress is often slow and can be painful.	Growth and progress are rapid and usually enjoyable.

Adapted from Patrick Williams (2004)

Please contact Dr. Shackleton at bruce@drbruceshackleton.com if you would like to set up a consultation to discuss your particular situation.