

The following is from an article written by Patrick Williams EdD. MCC. in Choice Magazine Volume 5 #3. Dr Williams is the Director of the Life Coach Training Institute. This the link for a pdf of the article.

[http://www.lifecoachtraining.com/resources/articles/articles/Choice\\_Border\\_line.pdf](http://www.lifecoachtraining.com/resources/articles/articles/Choice_Border_line.pdf)

### **Distinctions Between Therapy and Coaching**

#### **Therapy**

Deals mostly with a person's past and trauma, and seeks healing.

Doctor-patient relationship (Therapist has the answers).

Assumes emotions are a symptom of and something wrong.

The Therapist provides professional expertise and guidelines to give you a path to healing.

#### **Coaching**

Deals mostly with a person's present and seeks to guide them into a more desirable future.

Co-creative equal partnership (Coach helps client discover their own answers).

Assumes emotions are natural normalizes them

The Coach stands with you, and helps YOU identify the challenges, then works with you to turn challenges into victories and holds you accountable to reach your desired goals.

Coaching is a developmental model that assumes that, just like the acorn that grows into the mighty oak, the client already has the seeds of their own magnificence.

I would add that one of the things that distinguishes coaching from therapy is that coaching is a professional contractual relationship of equals.