

# Coaching vs Therapy

None of what I am defining below is meant to invalidate or discredit one service type over the other. Also, this is my own perspective after working in the self-help industry for several years. In other words, I didn't extract the descriptions below from a medical journal, dictionary, or any accredited source. This is just my take on things.

## Psychotherapy

- > Clinical, logical, with definable boundaries and protocols
- > Regulated
- > Accredited
- > Deconstructive
- > Root Cause
- > Validating/Consoling
- > Empathetic
- > Proper
- > Possibly everlasting
- > Revisiting the past or limiting beliefs
- > Safe
- > Comfortable
- > Addressed as Dr. Jonk
- > Formal
- > Providing you with a 'pat on the head' when necessary
- > Reporting, Charting, Collaborating, Collegial exchanges, Networking, Meetings, Scheduling

## Coaching

- > Unregulated
- > Unaccredited
- > Reconstructive
- > Elevating
- > Uplifting
- > Goal orientated/fixed end date
- > Focused
- > Perpetually aware of emotions
- > Energetic
- > Forward-thinking
- > Instinctual + Intellectual + Intuitive
- > Informal
- > Pushing boundaries and sometimes unsafe
- > Voice messaging, easy reach, relatable, friend-able
- > Addressed as Luella
- > Phone calls, video chats
- > Providing you with a 'kick in the ass' when necessary
- > No buts, justification, deviations, blaming

It is your choice. It will always be your choice. It is your choice right now. Every single morning, every single day...it is your choice. What is not your choice is - what time you got out of bed this morning. That, my friend, is your past. It is done.

In coaching we reconstruct your life, focusing on what can be changed, not on what has passed.