

Psychotherapy vs Coaching

Psychotherapy

- *Can work from a medical model, therefore assessments are toward forming a diagnosis and treatment goals.*
- *Focuses on internal issues and historical roots. It seeks resolution through modifying internal functioning (interpersonal and intrapersonal) and unconscious, causal factors, Uses all 6 phases of the ALT Model*
- *Focuses on past, present and future.*
- *Provides a space for client to gain insight, work on suppressed emotions, and reevaluate their defenses. Recognize irrational beliefs and learn skills to minimize symptoms and live healthier lives.*
- *Containment of emotions in a safe environment.*
- *Most therapeutic orientations delve into client's emotions. Build skills for the clients to deal with the upcoming emotions.*
- *The therapeutic relationship is essential. The relationship can be as a model for the client to utilize in other relationships.*
- *Can only be practiced in the state that the therapist and client reside.*

Coaching

- *Assessments are toward defining and establishing client's vision and goals.*
- *Focuses mainly on external issues and seeks solutions through methods of functioning in the external world (work practices, resource management, interpersonal relating), and future possibilities. Uses phases 1,2,3,5, &6 of the ATL Model*
- *Focuses on present and the future*
- *I offer Psychotherapy and Coaching to Californians and Coaching to people all over the world through Telephone, Facetime, Zoom, or WhatsApp. My fee is \$160 for 50 minutes*
- *Moving beyond one's own comfort zone*
- *With the assumption of the presence of emotional reactions to life events, holds the client capable of expressing and handling their emotions.*
- *Coach & Client relationship is not a determining factor; however, it is a partnership that helps clients achieve fulfillment in their personal and professional lives.*
- *It holds no geographic boundaries.*

Client's Full name:

Client's Signiture: