

HOW IS COACHING DIFFERENT FROM THERAPY?

There is a substantial difference between working as a therapist and acting as a Collaborative Practice Coach.

Therapists serve clients by providing mental health services (assessment, treatment) for as long as a client wishes and in a structured, therapeutic setting. Therapeutic relationships are confidential and therapists most often do not give advice – the client is in the “driver’s seat” when it comes to decision making.

Coaches sign on for a specific project only (a separation or divorce) and do not ever transition to other roles within a case. Coaching relationships are also non-confidential. Collaborative Practice is a “transparent” process that requires all team members to communicate freely. There are no secrets in Collaborative Practice, although discretion is still used when it comes to sharing private information. Collaborative Practice Coaches focus on education rather than insight. Collaborative Practice Coaches model skill building that will help participants to navigate the process most easily. The role of Coach is less dependent on the Coach-Client relationship and more defined by direct feedback and specific goals. Although Coaches are trained and licensed mental health professionals, they step out of their traditional stances in Collaborative Practice to embrace a more specific role. Coaches support skills and strategies that help clients make their own decisions about their futures.