

|                        | <b>Therapy</b>   | <b>Coaching</b>   |
|------------------------|--|---|
| <b>Focus</b>           | Old feelings & dynamics.   | <b>Current feelings and dynamics.</b>   |
|                        | Identify pathology to support healing old wounds.  | Creating distinctions and clarifications of ideas that may have gotten confused or entwined.  |
| <b>Objective</b>       | Healing.   | <b>Creating.</b> In the process of creating, healing.   |
| <b>How Achieved</b>    | Creating a safe space for you to regress, feel your feelings, heal from trauma and then rebuild.         | <b>Creating a transformational space</b> where you are encouraged to release beliefs, behaviors and thoughts that are no longer life-serving (are limiting) and try on new beliefs, behaviors and thoughts that are life-serving (are expansive). |
|                        |  | <b>Identifying universal needs important to you</b> (in an NVC kinda way), the extent to which they are currently met or unmet, and how to bridge the gap between what is and where you want to be.   |
| <b>Need it When...</b> | Pain is stopping you from taking action  | <b>Current way of being in the world is causing side effects that are no longer tolerable.</b> For example, the way you show up in the workplace is not satisfying anymore or the cost (physical, psychological) is too high.                     |
|                        | Want to heal issues with specific people; usually from the past.   | Want to <b>find or improve current relationships with self, others or processes</b> (work, food, intimacy).   |
|                        | Want to forgive self or another; usually stuck in resentment.  | Want to <b>discover new approaches to relating with self, others, or processes (work, food, intimacy) that are more life-serving.</b> Forgiveness arises from the new forms of relating.  |
|                        | Suffered from trauma or loss and the pain is still alive and effecting ability to function in the world. | Pain from trauma or loss shows up now and then, but does not significantly impede functioning in the world.   |
|                        |  | Wanting support to <b>create sustainable behavior changes.</b>  |
|                        |  | Wanting support in <b>identify the kind of life you want to be living and how to create it.</b>   |
|                        | In active recovery from addictions.  | <b>Been successful in recovery</b> (longer-term sobriety with consistent spiritual practice and connection to a “higher power”) <b>AND life feels not as full and juicy as it could be.</b>   |
|                        | Struggling to make your life work; life is really hard.  | <b>Life works, but feel stuck or unfulfilled.</b> Want to explore more expansive possibilities for yourself. Have an idea of those possibilities,   |

|                           | <b>Therapy</b>                                  | <b>Coaching</b>   |
|---------------------------|---|---|
|                           |   | but need support in moving past fear or non-life-serving beliefs and actualizing them.  |
| <b>Client Experiences</b> | Confronting old pain.                           | <b>Confronting the gap between current reality and the reality you desire.</b><br>Learning new skills and competencies to bridge the gap.   |
|                           | Understanding the roots of the current dynamic. | <b>Understanding beliefs, behaviors and thought processes that block your progress</b> and discovering life-serving ones that support your progress.  |
|                           | Feeling your feelings more deeply.              | Feeling your feelings more deeply.  |
|                           | Deep compassion                                 | Deep compassion, inquiry and accountability.  |
|                           |   | <b>Deeper connection to Source</b> (God, Spirit, The Universe, All That Is, or whatever you call it!)<br><b>Deeper sense of trust in yourself</b> and your own innate wisdom, knowing, intuition or whatever you call it! And ability to take action aligned with your innate wisdom. |

This chart inspired by Michele Lisenbury Christensen's video blog on referring clients found at [www.workingwithpower.com](http://www.workingwithpower.com)