

Therapy

Coaching

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Focus	Old feelings & dynamics.	Current feelings and dynamics.
	Identify pathology to support healing old wounds.	Creating distinctions and clarifications of ideas that may have gotten confused or entwined.
Objective	Healing.	Creating. In the process of creating, healing.
How Achieved	Creating a safe space for you to regress, feel your feelings, heal from trauma and then rebuild.	Creating a transformational space where you are encouraged to release beliefs, behaviors and thoughts that are no longer life-serving (limiting) and try on new beliefs, behaviors and thoughts that are life-serving (expansive).
		Identifying universal needs and values that are important to you, the extent to which they are currently met or unmet, and how to bridge the gap.
Need it When...	Pain is stopping you from acting.	Current way of being in the world is causing side effects that are no longer tolerable. 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 find or improve current relationships with self, others, or processes (work, food, intimacy, etc.).
	Want to forgive self or another; usually stuck in resentment.	Want to discover new approaches to relating with self, others, or processes that are more life-serving. Forgiveness arises from 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 create sustainable behavior changes.
		Wanting support in identify the kind of life you want to be living and how to create it.
	In active recovery from addictions.	Been successful in recovery from addictions AND life feels does not feel as full and juicy you would like.
	Struggling to make your life work; life is really hard.	Life works but you feel stuck or unfulfilled and want to explore more expansive possibilities for yourself. Have an idea of those possibilities but need support in moving past fear or constricting/old beliefs and actualizing them.
Client Experience	Confronting old pain.	Confronting the gap between current reality and the reality you desire. Learning new skills and competencies to bridge the gap.
	Understanding the roots of the current dynamic.	Understanding beliefs, behaviors and thought processes that block your progress 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.
		Deeper connection to Source (God, Spirit, The Universe, All That Is, etc.)
	Deeper sense of trust in yourself and your own innate wisdom, knowing, intuition or whatever you call it! And ability to take action aligned with your innate wisdom.	