

Comparison Chart

Conventional Therapy v. Personal Coaching

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Important Notice

We've created this comparison chart with the help of dozens of therapists on the CoachVille R&D Team who are also experienced coaches. And, while not everyone will agree with every single word pair, it's our view that this chart does help to clarify the differences between coaching and therapy. That said, the fact is that many of the differences between modern therapy and personal coaching aren't as big as we might like them to appear. Both professionals can be working with fully functioning adults who are working through a difficult situation. Both disciplines focus on helping people make changes and accomplish goals that really matter to them. They are different ways of working; each with its own special value.

Conventional Therapy tends toward...

Personal Coaching tends toward...

personal strengthening
 triage
 issue resolution
 why me?/why this?
 overcoming obstacles
 traditional relationship
 unconscious>conscious level
 away from
 looks backward
 raising standards
 somewhat vulnerable
 cognitive/behavior patterns
 letting go
 needs help
 pain
 past > present
 needs, wants
 issue resolution
 driven by unresolved issues
 absorbs information
 feelings, discussion oriented
 self understanding
 nurturing, supportive
 asks why
 disruptive situations
 usually a measured pace
 no personal disclosure
 patient/client
 medical model
 treatment
 healing
 presented complaints
 mostly monologue
 progress
 was then
 professional 'arms length'
 behavior norms
 analysis/understanding
 pathology
 hope
 self concept
 integration
 diagnosis
 support
 prognosis for recovery
 diagnosable conditions
 anxiety

personal evolution
 visioning
 problem solving
 what's next?/what now?
 sustainable flow
 collaborative, equal partnership
 conscious>consciousness level
 toward
 focuses forward
 raising standards
 generally open, not vulnerable
 actively building
 life dynamics
 wants a partner
 frustration
 present > future
 needs, wants
 life design
 chooses goals and actions
 acts on information
 more action oriented
 self potential
 catalyzing, challenging
 asks what
 tolerations
 often a rapid pace
 personal disclosure as useful
 client
 performance model
 co creation
 achievement
 common situations
 mostly dialogue
 performance
 is now
 close, collaborative
 uniqueness
 possibility
 experimentation/discovery
 inspiration
 self discovery
 manifestation
 self assessment
 support, solutions
 chance of success
 everyday situations
 n/a

depression	n/a
trauma	n/a
emotional scares	n/a
addictions	n/a
compulsions	n/a
emotional issues	n/a
neuroses	n/a
psychoses	n/a
healing of emotional damage	n/a
history	related experiences
self imposed limits	missed opportunities
acceptance	flow
conflicts	paradoxes
reality	paradigms
restoring	expanding
healing	evolving
coping/protective mechanisms	building reserves
beliefs	personal operating system
self responsibility	accountability
stabilize	balance
new perspective	new approach
confidential	confidential
family dynamics	organizational dynamics
hurts	works
personal dynamics	personal style
weaknesses	strengths
problems	solutions
tends toward process	tends toward results
heal past	create future
medical model	performance/growth model
behavior awareness	personal awareness
complaints	tolerations
reactions	responses
restoration	enhancement
undoing	doing
dysfunctional>functional	functional>extraordinary
focused scope	unlimited scope
fear	excitement

