

## SUPPORT TYPE

Coach	Consultant	Therapist
<p><i>Focus</i> Future - oriented; aims to help client(s) help set and achieve goals, uncover patterns, and move forward.</p>	<p><i>Focus</i> Problem-solving; provides expert advice to address specific problems or improve performance in particular areas.</p>	<p><i>Focus</i> Addresses mental health issues by exploring past experiences for enhanced understanding and healing.</p>
<p><i>Approach</i> Co-creative partnership where coach facilitates self-discovery and accountability, empowering clients to find their own solutions.</p> <p>***<i>My coaching approach is heavily rooted in systems theory and dives into Relationship Systems Intelligence.</i></p>	<p><i>Approach</i> Analyze the situation and recommend strategies or solutions based on their expertise; the relationship is typically advisory rather than collaborative.</p> <p>***<i>I consult on the topics of organizational design, leadership and team building.</i></p>	<p><i>Approach</i> Therapists diagnose and treat mental health conditions through various psychotherapeutic methods, aiming to improve emotional and functional well-being.</p> <p>***<i>I am not a therapist, and while coaching and therapy can and often do co-exist with clear boundaries.</i></p>
<p><i>Scope</i> Does not involve diagnosing or treating mental health conditions, instead it emphasizes personal development and performance enhancement.</p>	<p><i>Scope</i> Centers on problem solving and strategy implementation without delving into person or psychological aspects.</p>	<p><i>Scope</i> Involves working through past traumas, emotional difficulties, and behavioral patterns that affect everyday life.</p>
<p><i>Credentials</i> While certification programs exist, coaching is not a licensed field and requirements can vary. Top certification programs are ICF accredited.</p>	<p><i>Credentials</i> Consultants are expected to have specialized knowledge and experience in their field; formal licensing is not required, but can enhance credibility.</p>	<p><i>Credentials</i> Therapists are licensed mental health professionals, such as psychologists, counselors, social workers and require advanced degrees.</p>

## KEY DISTINCTIONS

→ **Nature of Relationship:** Coaching is a partnership fostering self-discovery; consulting is an expert-client relationship; therapy is a clinician-patient dynamic focused on healing.

→ **Methodology:** Coaches use inquiry-based techniques to facilitate client-generated solutions; consultants provide direct advice and strategies; therapists employ clinical methods to treat psychological challenges.

→ **Regulation and Training:** Therapy is a highly-regulated field with stringent licensing requirements; coaching and consulting have varying certification standards.