

I'm often asked about the difference between coaching vs counseling. They have common roots, as both coaches and counselors use their understand of human behavior and motivation to help people make important life changes. However, there are also some significant differences between coaching vs counseling. Some of them are listed in the table below.

## Coaching vs Counseling

	<b>Counseling</b>	<b>Coaching</b>
Focus	Healing the Past. Focus is on emotional experience and symptoms.	Creating the future. Focus is on values, goals, actions, and outcomes.
Your goals	Counseling can be helpful for mental health concerns such as anxiety, depression, mood swings, addiction, resolving past trauma, phobias, and insomnia.	Coaching can be helpful for improving your quality of life by improving performance, creating a vision, making decisions, navigating obstacles, and creating work/life balance.
Style of Conversation	Counselors use inquiry, insight, artful questioning, and reflection. The client does most of the talking.	Coaches use provocative questions, and give direct, reliable feedback, ideas for action, and support. The conversation is a collaboration.
Professional Role	A counselor has expertise with the problem for which you are seeking help. She is able to give a mental health diagnosis and provide treatment for your concerns.	A coach will collaborate with you to help you clarify and meet your goals. She is a co-creator, sometimes an advisor, mentor, or guide. She helps provide structure and accountability that helps you move forward.
Insurance	Health insurance companies pay for treatment of medical conditions, and therefore they may pay part or all of the cost of counseling.	Because there is no medical condition, coaching is private pay.

If you'd like to know more about counseling vs coaching, or if you're ready to make some shifts in how you go through your days, then contact me to schedule a no-cost 10-minute consultation.

Call 510.277.0456

Email [Pat@LaDouceurMFT.com](mailto:Pat@LaDouceurMFT.com)

Text 510.684.2975.

Or just click the button below to schedule a time that works.

[Make an Appointment Here](#)

If you still have questions, you can look over a [professional coaching agreement](#).