

# WHAT'S the DIFFERENCE? COUNSELING / COACHING

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***Are you wondering: "What's the difference between Counseling and Coaching?" - so you can make an informed decision about what kind of help to seek?***

**COUNSELING:** Secular counseling has its roots in a medical model using diagnostic techniques and references in the American Psychiatric Association's publication DSM-V; the non-science based manual of accumulated symptomatology from client cases and counselor experiences. Counselors usually have master's degrees and/or doctoral degrees (Ph.D. or D. Psy.).

Biblical counseling is also referred to as Christian counseling or counseling based upon the Judeo-Christian perspective and training in harmony with the historic position and revealed revelation of the documented MSS data of the Old and New Testaments; 66 unified books, over 40 authors, during a 1500 year period have stood the tests of time as the infallible rule of faith and practice. The reliability of the Biblical MSS are supported by over 14,000 copies; 5,300 Greek MSS, 8,000 Latin MSS, and over 1,000 other MSS including over 5,000 MSS copies at 100 years of the original autographed documents. Textual criticism reveals the accuracy of transmitted MSS copies is 99.9%; only 0.1% show text variations and not doctrine of Christianity rests solely on those differences. No other literary work ever recorded in the world has been preserved with the accuracy of the Biblical Scriptures.

**COACHING:** Coaches may have Master degrees, but they have considerable specialized education, training, and experience in helping people with interpersonal issues, family dynamics, career counseling, pastoral counsel, and/or life development. They offer specialized help in a variety of areas including, but not limited to: healthy relationship training; parent/child relationship coaching; marriage relationship coaching; premarital preparation; career counseling; life coaching; corporate coaching; pastoral counseling; cultural adjustment for internationals; and more. Coaches do not diagnose, nor do they treat mental and emotional disorders. Should those needs surface in the course of a coaching relationship, a referral is made to clinical staff. Coaches do not bill insurances and tend to have fees which are comparable or less than those of clinical staff.

Therapy and professional coaching have similarities and differences. Similarities include:

- An ongoing, confidential, one-to-one, fee-for-service, relationship
- Working with clients who want to change
- Assuming change only occurs over time
- Regularly scheduled sessions
- Use of verbal dialogue as the primary service activity

<b>Coaching</b>	<b>Counseling (Therapy)</b>
<ul style="list-style-type: none"> <li>• Foundations are in personal growth</li> <li>• People work toward better functioning, self-improvement</li> <li>• The focus is upon actions and the future</li> <li>• Solution focused</li> <li>• Clients are self-motivated</li> <li>• Works for external solutions to overcome barriers, learn new skills and implement effective choices</li> </ul>	<ul style="list-style-type: none"> <li>• Has it's foundations in a medical model, using diagnosis</li> <li>• People work to achieve self-understanding and emotional and interpersonal healing</li> <li>• The focus can be upon feelings and past events</li> <li>• Works for internal resolution of pain and to let go of old patterns.</li> </ul>

*Adapted from Hayden and Whitworth, 1995*