

Coaching vs. Therapy Guide

Here's a quick guide to help you understand the differences between coaching and therapy:

Coaching

Coaching is the process through which a **certified coach uses evidence-based approaches** to help you gain a deeper awareness of a challenge you may be facing, identify growth opportunities, and create action plans to move towards your goals.



Therapy

Therapy is a treatment in which you and a **licensed therapist work together** to understand mental health concerns and develop a plan for addressing them. Therapy is appropriate if there's a clinical concern, as defined by the duration of symptoms, severity, and clinically significant interference with social, emotional, and/or occupational functioning.

Address non-clinical symptoms
such as burnout and stress

Clinical Symptoms

Address clinical concerns
such as ADHD and depression



- **Actions** to make progress from the present
- The **“How”** in achieving goals

Focus Areas



- **Feelings and beliefs**
- The **“Why”** in behavioral patterns



- Maximize potential
- Optimize skills
- Increase productivity
- Goals oriented

Outcomes



- Address clinical symptoms
- Reduce clinical distress and functional impairment
- Increase ability to manage clinical symptoms



- Building healthy habits
- Reducing stress
- Mindfulness
- Anxiety around relationships
- Productivity
- Burnout
- Communication skills
- Financial well-being
- Professional development

Common Discussion Topics



- ADHD
- Anxiety
- Depression
- Eating disorder
- Grief
- OCD
- Trauma

30-minutes

Session Length

45-60 minutes



Providers are **ICF-Certified**
(Gold standard of coaching)

Provider Credentials



Providers are **licensed with minimum of Master's Degree**



Modern Health is your mental wellness benefit.

Access to personalized 1:1, group, and self-serve resources for your well-being, so you can be the best version of yourself — at home, at work, and in your relationships. Scan this QR to get started. Or visit modernhealth.com.

