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How does Coaching differ from Psychotherapy?

Psychotherapy

1. Assist & support the client while exploring their internal pain and external stressors
2. Focuses on specific issues from the clients past
3. Grounded in the perspective that some belief, habit, or dynamic is keeping the client from living to their full potential
4. Believes the client can obtain a more functional way of life through insight and reframing their past & current challenges

Coaching

1. Assist the client in establishing short & long term goals
2. Focuses on how to get to the client where they want to be- *not* what's in their way
3. Grounded in the perspective that merely mentoring the client will enable them to achieve their goals
4. Believes the client can obtain a more successful life through overcoming challenges and setting realistic goals

Coaching is not intended to take the place of psychotherapy or treatment for mental illness. Its sole intent is to assist mentally stable individuals who desire to make changes in their lives.