

DIFFERENCE BETWEEN COUNSELING AND WELLNESS COACHING

Counseling/Therapy Services (Process Orientated)

* “Centered around the assessment and treatment of mental illness.”

1. On going sessions that focus on current symptoms and functioning as it relates to a diagnosis, i.e. depression or anxiety.
2. Information is protected under HIPPA and laws/ethics apply to each session.
3. Focused on how current functioning is inhibit your true potential.
4. Diagnosis given and records are kept in a data private confidential data base.

Wellness Coaching (Directive and Educational)

* “The application of the principles and processes of professional life coaching to the goals of lifestyle improvement for higher levels of wellness.”

1. Meetings focus on ways to improve current functioning. Looking at holistic ways to enhance lifestyle.
2. Meetings may include psychoeducational information which relates to the wellness wheel.
3. Diagnosis not given or records kept. Information is stored from session to session to track progress.
4. Assignments usually given between meetings.