

Therapy vs. Coaching

THERAPY

Clinical Care

Therapists operate from a medical or clinical model of care, serving as the first line of support for trauma survivors — addressing emotional, psychological, and physical impacts of trauma.

COACHING

Guided Growth

Coaches function from a support and guidance model — encouraging, motivating, and championing clients as they work toward personal goals related to healing, recovery, and life growth.

01 — A COMMON GOAL

A shared foundation

Both therapy and coaching aim to help individuals address behavior patterns, beliefs, coping mechanisms, and life experiences. Both therapists and coaches support clients in gaining greater awareness of what they have experienced — through compassionate witnessing, co-regulation, and creating space for deeper self-understanding.

Clients may be presented with tools, perspectives, and guidance that encourage healthier patterns, emotional wellness, and intentional choices moving forward.

02 — TRAUMA RECOVERY

The role of coaching

Many trauma survivors have spent years normalizing disconnection from themselves and others. Isolation from family, community, and support systems is common. Coaching can provide a safe and supportive relationship where clients begin reconnecting with themselves, rebuilding trust, and moving toward healthier connections with others.

Coaches support survivors from a peer and guidance perspective, helping clients identify goals, strengthen resilience, and take greater ownership of their recovery journey.

Coaches support survivors from a peer and guidance perspective, helping clients identify goals, strengthen resilience, and take greater ownership of their future and recovery journey.

TRAUMA RECOVERY COACHING

IN A GENERAL SENSE

01 Coaches do not diagnose or treat mental health conditions.

02 Clients may participate in both coaching and psychotherapy simultaneously. Collaboration is encouraged.

03 Coaching is collaborative and goal-oriented, letting clients direct the pace and focus of growth.

04 Coaches do not operate from a traditional medical model.

05 Coaches may assign exercises, reflections, or communicate outside of scheduled sessions.