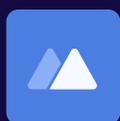


# Coaching vs. Therapy Guide

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

<h2>Coaching</h2> <p>Coaching is the process through which a <b>certified coach uses evidence-based approaches</b> 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.</p>		<h2>Therapy</h2> <p>Therapy is a treatment in which you and a <b>licensed therapist work together</b> 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.</p>
<p><b>Address non-clinical symptoms</b> such as burnout and stress</p>	<p><b>Clinical Symptoms</b></p>	<p><b>Address clinical concerns</b> such as ADHD and depression</p>
 <ul style="list-style-type: none"> <li>• <b>Actions</b> to make progress from the present</li> <li>• The <b>"How"</b> in achieving goals</li> </ul>	<p><b>Focus Areas</b></p>	 <ul style="list-style-type: none"> <li>• <b>Feelings and beliefs</b></li> <li>• The <b>"Why"</b> in behavioral patterns</li> </ul>
 <ul style="list-style-type: none"> <li>• Maximize potential</li> <li>• Optimize skills</li> <li>• Increase productivity</li> <li>• Goals oriented</li> </ul>	<p><b>Outcomes</b></p>	 <ul style="list-style-type: none"> <li>• Address clinical symptoms</li> <li>• Reduce clinical distress and functional impairment</li> <li>• Increase ability to manage clinical symptoms</li> </ul>
 <ul style="list-style-type: none"> <li>• Building healthy habits</li> <li>• Reducing stress</li> <li>• Mindfulness</li> <li>• Anxiety around relationships</li> <li>• Productivity</li> <li>• Burnout</li> <li>• Communication skills</li> <li>• Financial well-being</li> <li>• Professional development</li> </ul>	<p><b>Common Discussion Topics</b></p>	 <ul style="list-style-type: none"> <li>• ADHD</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Eating disorder</li> <li>• Grief</li> <li>• OCD</li> <li>• Trauma</li> </ul>
<p><b>30-minutes</b></p>	<p><b>Session Length</b></p>	<p><b>45-60 minutes</b></p>
 <p>Providers are <b>ICF-Certified</b> (Gold standard of coaching)</p>	<p><b>Provider Credentials</b></p>	 <p>Providers are <b>licensed with minimum of Master's Degree</b></p>



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