



COACHING VERSUS PSYCHOTHERAPY

As the popularity of “life coaching” has risen, and the insurance-reimbursed practice of psychotherapy has evolved toward the medical model, there are many articles on the Internet about the difference between “life coaching” and psychotherapy. Clients considering hiring a professional for support will want to review some of these, particularly the more recent ones. A wide range of opinions will be found, based upon the point of view of the author, and yet useful information can be gleaned by reading several.

As a professional Co-Active coach and licensed psychotherapist, Ingrid adheres to the ethical and legal codes in both professions, and does not mix modalities. She refers out to other professionals when indicated by the client’s needs. That said, her underlying philosophy in both modalities is the same – the wisdom and intelligence is within the client. Ingrid’s function is to help you find it. It is for this reason that she trained in transpersonal psychology, incorporating all aspects of a client’s life experience. This includes the body and it’s electrochemical processes, the cognitive and mental processes, the milieu, the past experiences, the anticipated future, the emotional life, and the spiritual life. An understanding of the complexity of the human experience allows clients of either discipline to move forward with their life goals.

Here is a link to the Co-Active Coaching web site.

<https://coactive.com>

Below are some general guidelines for seeking psychotherapy from a licensed therapist. If you are experiencing one of more of these, psychotherapy is likely the better choice.

- 1) You suspect that you are suffering from depression, addiction, life-impeding fear or anxiety, or other clinical issues such as feeling suicidal, hearing voices, phobias, or an inability to attend to basic life tasks.

- 2) You are in an abusive situation or have a history of unaddressed trauma.
- 3) You often find yourself feeling chaotic, fragile, or rigid.
- 4) You are often overwhelmed by your emotions or your thoughts.
- 5) You feel trapped by your past.

Both of Ingrid's professional practices focus on making demonstrable changes in the way her clients relate to their present day life. She is happy to discuss your options at any time.

