DIFFERENCES BETWEEN
HELPING MODALITIES

Assesses for and diagnosis mental health disorders

Focused on healing trauma from the past

Prescribes treatment

Future-oriented

Coping mechanisms

Therapist as Expert

Asks powerful questions

Client as Expert

Gives advice

COACHING **COUNSELING** **THERAPY**

Strengths-based

Deficit-focused

Medical model governed by laws of HIPAA

Action-Oriented

Process-oriented

Client-Centered

Medical model governed by laws of HIPAA

Present-focused