

COMPARING THE TWO TYPES OF SUPPORT

THERAPY



COACHING

Can diagnose and 'treat' eating disorders

Does not diagnose conditions or treat them. Instead, helps support the work and goals of the client's clinicians.

Can diagnose and treat other co-morbid issues (e.g. depression, anxiety, substance abuse, etc.)

Refers to the therapist for treatment of any co-morbid issues (e.g. depression, anxiety, substance abuse, etc.)

Therapists are trained to help clients work on underlying issues exploring WHY the eating disorder might have developed.

Coaches are trained to work only on the "here and now" helping the client accomplish day-to-day behavior challenges.

Therapy sessions are generally one hour and take place in an office setting.

Coaching sessions can be held anywhere, anytime the client needs them – in the home, at the grocery store, at the clothing store, at work, at school, at restaurants, etc. and coaches can be hired for 24/7 live-ins.

Therapists are in charge of ongoing assessment, establishing treatment goals and carrying out the overall treatment plan.

Coaches assist clients in accomplishing established treatment goals.