

Coaching and Psychotherapy

What is a Coach?

Coaching helps you focus on getting out of life what is most important to you (even when you don't know what that is yet!) and gives you the tools to keep doing this long after your final session. People typically hire a coach when they are reevaluating life choices, making a career transition, or simply feeling ready for a personal or professional breakthrough.

What is Psychotherapy?

It's normal to have emotional ups and downs but when persistent symptoms start to negatively impact your health and relationships, then a psychotherapist can help you understand your symptoms, get relief, and provide an opportunity for personal growth. Independently practicing psychotherapists have, at a minimum, a clinical masters degree and clinical licensure through their state. As a psychotherapist, I have the training and skills to perform comprehensive mental health assessments and diagnose clients. I have extensive experience working with clients with anxiety, depression, and trauma. As a psychotherapist providing medically necessary, clinical services, you may also be able to get reimbursement for a portion of my fees through your insurance.

The following is an excerpt from an interview of Gary Greenberg, practicing psychotherapist and mental health reporter. I include it here as an example of my approach to psychotherapy.

"People come to therapy because their life circumstances have somehow disrupted the story they tell themselves about who they are. But even then the healing isn't only about the new story we fashion. It's about the intimacy...Freud said that psychoanalysis is a 'cure through love', and I think that is essentially correct. The love is conveyed not so much in the content as in the form: the rapt attention of someone who cares enough to interrogate you. The love stows away in the conversation."

I approach my work as science, both in behavior change and integrative medicine, and also as the intricate artistry of focused curiosity, exquisite attention, active dialogue, and true compassion.

What is the difference between Coaching and Psychotherapy?

Depending on an individual's life experiences and needs at a given time in their journey, psychotherapy may provide a more appropriate healing space and longer time frame than a more action and results oriented coaching model, especially if you are

struggling with mental health issues. I personally use a positive psychology (a focus on strengths that enable individuals or organizations to thrive) and wellness-based approach whether I work with 'therapy' or 'coaching' clients. The difference I typically see is where someone is starting from, in both mindset and present concerns, which helps determine the pace and results we see in our time together.

Regardless of where you are starting from or what modality is most appropriate for your needs, our work together is a partnership, a thought-provoking and creative process designed to inspire you to maximize your personal and professional potential. I will be seeking to elicit solutions and strategies from you, believing in your natural creativity and resourcefulness.

I believe my therapy training greatly enhances my coaching practice and I consult regularly with practitioners from both fields. If I feel that my services are not appropriate for your needs, I may refer you to another practitioner. I do not work with clients in psychiatric crisis.

Are we the right “fit”?

I work best with individuals who are committed and sincere in their intention to grow; those who are on a path toward honesty and authenticity in their lives. Growth is work- it means you have to get out of your comfort zone and try new ways of showing up in the world. The work is done both in and out of sessions, as you put into practice the intentions set during our time together.

Certainly there are other styles, personalities, and approaches to this type of work. My approach is based strongly in my own experience and personality, which has its inherent strengths and limitations. I do what I do and I don't do what I don't do. I appreciate that there are a diversity of methods and approaches. Our initial consultation call will help us figure out the next steps to get you to where you want to go.