

Similarities and Differences between Psychotherapy, Coaching Psychology and Coaching

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Abstract : This article presents similarities and differences between psychotherapy, coaching psychology and coaching, and hence discusses boundaries between these diverse fields of practice. The point of departure will be prevailing arguments and descriptions in the scientific community, and it shows both commonalities and major differences in relation to the application in daily practice. The results (the similarities and differences) are presented and discussed in the light of scientific research and different theoretical perspectives, including both classic and recent scholars. Some of the main differences presented are; the clinical/non-clinical perspective and the educational differences, including the different criteria and demands which professionals working in these three different professions, should undergo to obtain their certification. Further, one of the main similarities is presented: the importance of the relationship between the therapist/coach and the client/coachee. The goal and task oriented focus are also presented as a similarity between the three intervention forms - at least to some extent. Finally, some central concepts from the fields are presented in a table for a proposal of distinctions and interfaces. It is concluded that a comprehensive education in combination with an understanding of the differences and similarities between the three intervention forms is of significant importance for the professional working in either of the fields. Future studies should, however, include additional research on the similarities and differences and how to continue the educational progress in all three disciplines.

Keywords : boundaries, coaching, coaching psychology, interface, psychotherapy

Conference Title : ICPPS 2018 : International Conference on Psychology and Psychological Sciences

Conference Location : Rome, Italy

Conference Dates : December 13-14, 2018