



ERICA CUE

THE EMPOWERMENT COACH

WHAT IS A LIFE COACH VS. A THERAPIST

With an extensive background in Psychology, I speak from knowledge as well as experience when I say that one could surely benefit from working with a licensed therapist. However, there are some distinct differences between the role of a certified life coach and that of a licensed therapist.

Unlike life coaches, therapists and other mental health professionals focus on healing, treating mental health conditions, and helping people work through trauma and other issues from their past. While working with a life coach may help you to deal with certain unresolved issues; life coaches cannot treat mood disorders, anxiety disorders, addiction, or any other mental health condition.

A Certified Life Coach:

While a certified life coach is considered a professional, they cannot treat mental health conditions. Life coaches are also not required to follow health privacy laws. A life coach helps clients set and achieve goals. A life coach also assumes a baseline level of emotional wellness.

A Therapist:

Can treat mental health conditions. They do have a degree and are licensed in a related field. Therapists also adhere to ethical codes. Therapists help clients heal from emotional issues. A therapist looks at your past to help you manage your present.

A life coach should never be a substitute for a mental health professional.

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