

What are Therapy and Coaching?

Therapy is all about the past, the things *that have happened* to a person in the past that caused trauma, the *perceived things that happened* in the past that caused trauma and the *imagined things that happened* in the past causing trauma. Therapy is all about the past. Therapy is all about trauma.

Coaching is all about the future, the things the client would like to happen in the future, the perceived and imagined things the client would like to experience in the future. Coaching is all about the future. Coaching is all about experiencing life.

Therapy is all about advising, assessing, counseling, diagnosing, evaluating, recommending, suggesting and treating the patient. Coaching is all about discovering where the client would like to be or go in the future. Therapy is about patients. Coaching is about clients.

Therapists want to find the cause of their stress and pain. Coaches desire to help their clients find out where their stress and pain is and learn how to manage them. Therapists want to cure their patients. Coaches want to help their clients discover how to heal themselves.

If you have not taken the Biofeedback Coaching Courses, please consider taking this workshop from one of our [Accredited Coaching Organizations](#).