

## Psychotherapy | Counselling | Coaching – Focus and roles

	Definition	Primary focus area	Professional's role	Client's role—what does the client do?
<b>Psychotherapy</b>	The use of psychological methods to help people with a broad variety of mental illnesses and emotional difficulties. (American Psychiatric Association, 2019)	To eliminate or control troubling symptoms so a person can function better and can increase well-being and healing.	-Teach strategies and skills such as self-monitoring, activity scheduling and exposure and response prevention -Consider conscious thought, automatic thought and schemas	-Record thoughts during upsetting situations -Identify distortions in their thinking
<b>Cognitive behavioural therapy (CBT)</b>	A type of psychotherapy in which negative patterns of thought about the self and the world are challenged in order to alter unwanted behavior patterns or treat mood disorders such as depression. (Center for Addiction and Mental Health, 2022)	To help clients learn to identify, question, and change how their thoughts, attitudes and beliefs related to the emotional and behavioral reactions that causes them difficulty.		
<b>Counselling</b>	A professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals. (American Counseling Association, 2022)	To work with clients on strategies to overcome obstacles and personal challenges that they are facing.	-Encourage the client to talk about their need for change and their own reasons for wanting to change	-Client is faced with the need to change a behaviour  -Client identifies their own reasons for wanting to change

<p><b>Motivational interviewing (MI)</b></p>	<p>A collaborative, goal-oriented style of communication with particular attention to the language of change. Designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring their own reasons for change within an atmosphere of acceptance and compassion. (Miller &amp; Rollnick, 2013)</p>	<p>On behavioural issue. Focus is on addressing a specific problem: when a person may need to make a behavior or lifestyle change and is reluctant or ambivalent about doing so (Miller, 2009)</p>	<p>Uses a structured method of communication to increase motivation and commitment to change in brief (less than five)<sup>4</sup> session interventions that is integrated or followed with other methods.</p>	<p>Accepts advise and information shared by the counsellor</p>
<p><b>Health Coaching</b></p>	<p>A patient-centered process that is based upon behavior change theory and is delivered by health professionals with diverse backgrounds (Wolever et al., 2013)</p>	<p>Client's personal goals and journey, seeking clarity on the outcomes, supporting the development of options and the will to act on these options. (ICF, 2022)</p>	<ul style="list-style-type: none"> <li>-Discover, clarify, and align with what the client wants to achieve</li> <li>-Encourages self-discovery</li> <li>-Challenge and encourage the client to stretch</li> <li>-Elicit client-generated solutions &amp; strategies</li> <li>-Hold the client responsible &amp; accountable</li> </ul>	
<p><b>Coaching (Coach Approach) in health care</b></p>	<p>A specific conversational partnership where concrete action plans are developed through accessing individuals' strengths, resources and creativity with the intent to a) empower clients to get their (occupational) wants or needs met; b) enable sustained change (Thériault, H. 2021).</p>	<p>Assisting clients to discover what is important to them, contribute more of their unique self to the world, and create a greater sense of meaning in their lives by aligning their values, strengths, identity, purposes, and actions (Pentland &amp; al. 2016, p.28).</p>		

## Reference:

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