

Counseling, Therapy and Coaching Insights Part 1

“For The Public and Health Providers”

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1). What is your opinion on coaches, counselors and therapists?

Answer: All of them serve a purpose. And just like any other industry or profession, they are good and bad ones out there.

2). What are the differences between a counselor, therapist and coach?

Answer: This isn't written in stone and doesn't necessarily apply to all situations, but I can give you some examples of their differences down below: (A-D)

A). Counselors and therapists tend to focus on the past whereas coaches focuses more on the present and future.

B). Counselors and therapists may diagnosis and treat mental health conditions whereas coaches don't in which they focus more on goals and results instead.

C). Counselors and therapists tend to possess more skills and education whereas coaches may rely more on knowledge and experience.

D).Unlike counseling and therapy, coaching isn't regulated and doesn't require a license.

3). What are the differences between a counselor and therapist?

Answer: This isn't written in stone, but I'll provide you with some differences down below: (A-B)

A). Counseling is short term whereas therapy is long term.

B). Counseling can be more specific and gives you advice or suggestions to solve problems whereas therapy will go deeper with various issues that could help you.

Make no mistake, there can be overlap between the two.

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4). Why do people refuse counseling or therapy even though they need it?

Answer: Here are some, but not limited to the following reasons why down below: (A-H).

- A). They had bad experiences with counseling/therapy in the past.
- B). They have issues with denial, psychological reactance, the Dunning-Kruger effect, other cognitive biases, etc.
- C). They lack motivation and/or make excuses for not doing counseling/therapy.
- D). Due to their obligations, they may have time restraints and/or issues finding a counselor/therapist to work around their busy schedules.
- E). Have transportation issues, if applicable.
- F). Have been told not to seek out counseling/therapy, if applicable.
- G). Have no health insurance coverage.
- H). Have financial issues and/or limited resources.

5). Why do people not use life coaches or other coaches even though they could benefit from them?

Answer: Here are some, but not limited to the following reasons why down below: (A-F)

- A). They don't know what a life coach is and what they do for people. Same could be said about other types of coaches.
- B). They may perceive coaches as a luxury and not a necessity.
- C). They may have issues with denial, the Dunning-Kruger effect, other cognitive biases, psychological reactance, etc.
- D). They may have financial issues and/or limited resources.
- E). Coaches can be expensive and they don't want to use them because it's not covered by insurance in which they would have to pay out of pocket for their services.
- F). Had a bad experience with a coach in the past and are reluctant to use them again.

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6). Can a counselor or therapist offer life coaching services?

Answer: Yes. In fact, some of them do like myself.

7). What are the benefits of using a life coach or other type of coach?

Answer: Here are some, but not limited to the following coaching benefits down below: (A-I)

- A). Coaches can be used short term and is goal oriented.
- B). Competent and successful coaches can give you positive outcomes and results.
- C). Coaches tend to have knowledge, information, experience, specialization, skills and resources you need or want. Thus, benefit you and/or your situation.
- D). Unlike licensed counselors and therapists, coaches have more freedom and control to work with you and/or your situation. However, a coach must comply with state laws, statutes or regulations, if applicable.
- E). When you work with a coach, you don't need a diagnosis and special codes for insurance purposes.
- F). They can motivate you and keep you motivated.
- G). They can move you in the right direction.
- H). They can keep your ego in check.
- I). They can give you a shoulder to lean on and so on.

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