

# Therapeutic Communications

## Comparison of approaches:

	<b>Teaching</b>	<b>Mentoring</b>	<b>Counseling</b>	<b>Coaching **</b>
<b>Content</b>	Information	Character skills, information, vision	Emotional and relational problems	Listen, reflect, questions, encouragement
<b>Purpose</b>	Learning information	Develop the Individual	Resolve emotional and relational problems	Personal growth and development
<b>Role</b>	Impart information	Reproduce what you know and do	Guide process for problem resolving	Walk along side, helps them discover direction and resources
<b>Focus</b>	Present	Future	Past	Present & Future

Professional Counseling or therapy should not be done in coaching. With their permission, resources or referrals can be offered.

## How are people changed or transformed....?

1. When they experience pain
2. When they are convicted of the need
3. When they observe a more fruitful way
4. When they are grasped by a vision
5. When a Christian FRIEND comes alongside
6. When they are accepted just as they are

## \*\* What is coaching and how does it work?

Personal coaching is a proven paradigm for improving athletics and executive performance. It is now used to support health and wellness. Personal trainers exercise the body, coaching exercises the mind. The close personal relationship during coaching conversations by the friend provides others with structure, accountability, expertise and inspiration that enables them to learn, grow and heal beyond what he/she can do alone, even with usual medical support. They take responsibility for their own future.

Using vital skills of mindful listening, powerful questions, accountability and prayer, along with weekly encouraging support, the person being coached feels accepted, respected and moved to achieve and fulfill their deepest desires.