

Coaching



Coaching is a collaborative relationship designed to help people achieve their goals. Usually it is a relationship that lasts over time, with regular contact on the phone or in person. During these sessions, we review the client's goals, plans, and progress. The coach helps clarify these dimensions and provides guidance, support and accountability; the client takes action steps necessary to achieve the goals.

Coaching is different from psychotherapy in that it does not explore the past in an attempt to understand one's problems. Rather, coaching is future oriented and relies on the motivation and enthusiasm of the client to bring about desired goals. Coaching is not a substitute for appropriate psychological care, and professional consultation should be obtained when needed.

Coaching is done one-on-one on the phone at regular intervals, such as once every one or two weeks.

Visit [fees page](#) for information about insurance and pricing.

For more information about coaching, **contact us**.