

How Does Fullness Coaching Differ From Traditional Therapy?

Traditional Therapy	Fullness Coaching (Transformational)
Is about working with a PATIENT	Is about working with a CLIENT
Asks the question WHY	Asks the question HOW, WHAT and WHAT IF? WHY gets reasons, not results, and is content rather than process based
Works with a person's PAST and traumatic events, and seeks to heal of those events	Interested in a person's PRESENT and works to help them in creating a compelling FUTURE while also healing the PAST
Diagnoses mental ILLNESSES and attempts to treat identifiable conditions	Assumes that the client is HEALTHY and whole (not broken) Presupposes that people work perfectly to produce the results they are getting even if the results are not desirable. If a person doesn't like the results they are getting, Fullness Coaching provides tools to help them get the results they desire
Doctor-Patient relationship where the DOCTOR has the solution, the patient has the problem	Partnership of equals where the coach encourages the client to find his/her OWN solutions already within them (but perhaps untapped)
Through conversation encourages the patient to TALK about and thereby resolve old pain and symptoms	Helps the client to discover the PROCESS by which s/he prevents the achievement of goals and objects and learn new ways of thinking, while learning new strategies to calm and relieve underlying symptoms
Fixing the patient by fixing the PAST	Understanding and appreciating the past as a framework for the present and creating a vision for the FUTURE
Relies on studies and manuals to DIAGNOSE pathology	Coaching is a model of LEARNING which focuses on the future and its achievable goals and outcomes
Therapist avoids personally TALKING about themselves	When appropriate the coach SHARES their experience. It helps to know we are all learning, growing and imperfect.
Progress is often SLOW and can take place over years of therapy	Changes are FAST, LASTING and FUN
Therapist diagnoses and then PRESCRIBES a path to healing	Coach aligns mentally with the client and they COCREATE the solution
Therapist is RESPONSIBLE FOR the client	The Coach is RESPONSIBLE TO the client, but the client is responsible for the outcomes and always has control over his/her results