

Coaching ADD with Sharon

Newsletter #24

Coaching versus Therapy

October 18, 2007

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Dear Friend,

ADD coaching can be an important step in working through the issues of attention deficit disorder. Medication can help with focus, but it does not improve issues such as disorganization, time management, forgetfulness and rumination. Coaching helps you through these issues one step at a time to improve your overall quality of life.

Coaching can be a positive component of a multi-modal treatment plan. Read the information below, use it and share it with a friend or family member who may be dealing with the frustrations of ADD. Refer to my web site at www.coachingaddwithsharon.com for additional information about me and how coaching can help you.

Have you wondered what the difference is between therapy and coaching for attention deficit disorder? If you are wondering which way to go, the information below may help you make a decision.



Coaching versus Therapy

Similarities:

Therapists and coaches both establish a helping relationship with their client. This relationship must be supportive and respectful of the client. Both therapists and coaches help their client assess priorities and establish goals. Both deal with feelings and beliefs.

Differences:

Therapists are highly educated and licensed professionals who consider the care of ADD patients as primarily supportive in nature. These therapists may or may not be trained in the specific issues that ADD individuals deal with on a daily basis. If they lack a working knowledge of ADD, they may or may not be able to provide practical strategies that allow you to accomplish daily tasks such as time management, bill paying and basic organizational skills.

The main **objective of coaching** is to identify what is preventing the client from reaching a specific goal and to work with him or her to create a specific plan for reaching it. The coach becomes a non-judgmental guide who reminds and reinforces the client through daily tasks. A coach also helps the client discover and make use of their talents and strengths.

Coaching has limited benefit for individuals with significant emotional or psychological problems. The trained coach knows when to refer a client to more professional help and can often work with the therapist to accomplish the client's goals.

The ADD coach helps clients develop problem-solving skills and practical strategies, such as self-care (diet, exercise, sleep and time for personal interests) and attitude adjustment to cope with their ADD. Coaching creates a safe environment for open communication so that behavioral changes can occur.

This article is a very basic description of the comparison between a therapist and a coach. If you feel you need help, I hope this article starts you on the path to finding the right kind of help. If you have questions or concerns about coaching and therapy, please contact me.

"Don't Let What You Can't Do Get In The Way Of What You Can"

Getting Help

Coaching is a non-judgmental partnership that focuses on guiding you toward actions to improve the quality of your life. Sessions begin with what the client feels is their biggest challenge and works toward discovering strengths and talents and creating strategies for change. If you are ready to improve your life, I can help. Visit my web site www.coachingaddwithsharon.com or email me at sharonh75@optonline.net.

If you have missed any of my newsletters or want to refer back to them, they are on my website.

I Am Interested in Hearing from You

In response to my previous newsletter on sleep issues, a reader advised me that there is information available about delayed sleep phase syndrome, ADHD, and bright light therapy. You can find information on the web at: <http://www.websciences.org/cfemplate/NAPS/archives/indiv.cfm?ID=20065291> or search delayed sleep phase syndrome and its connection to ADHD on the web.

The CACLD Conference "Learning Disabilities and Attention Deficit Through the Lifespan" that was held in Stamford last weekend was well attended. My workshop, Raising Happy and Successful Kids with ADD, was very well received. Consequently, I would like to welcome several new readers to my newsletter.

Sharon Howell



Quick Links...

- [More About Us](#)
- [CHADD \(Children with Attention Deficit Disorder\)](#)

- [ADDA \(Attention Deficit Disorder Association\)](#)

- [CACLD \(CT Association for Children & Adults w/Learning Disabilities\)](#)

- [Dr. Daniel Amen and the Amen Clinics](#)

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