

MENTAL HEALTH COACHING

COUNSELING

LIFE COACHING

What They Are, What to Expect, and How to Prepare

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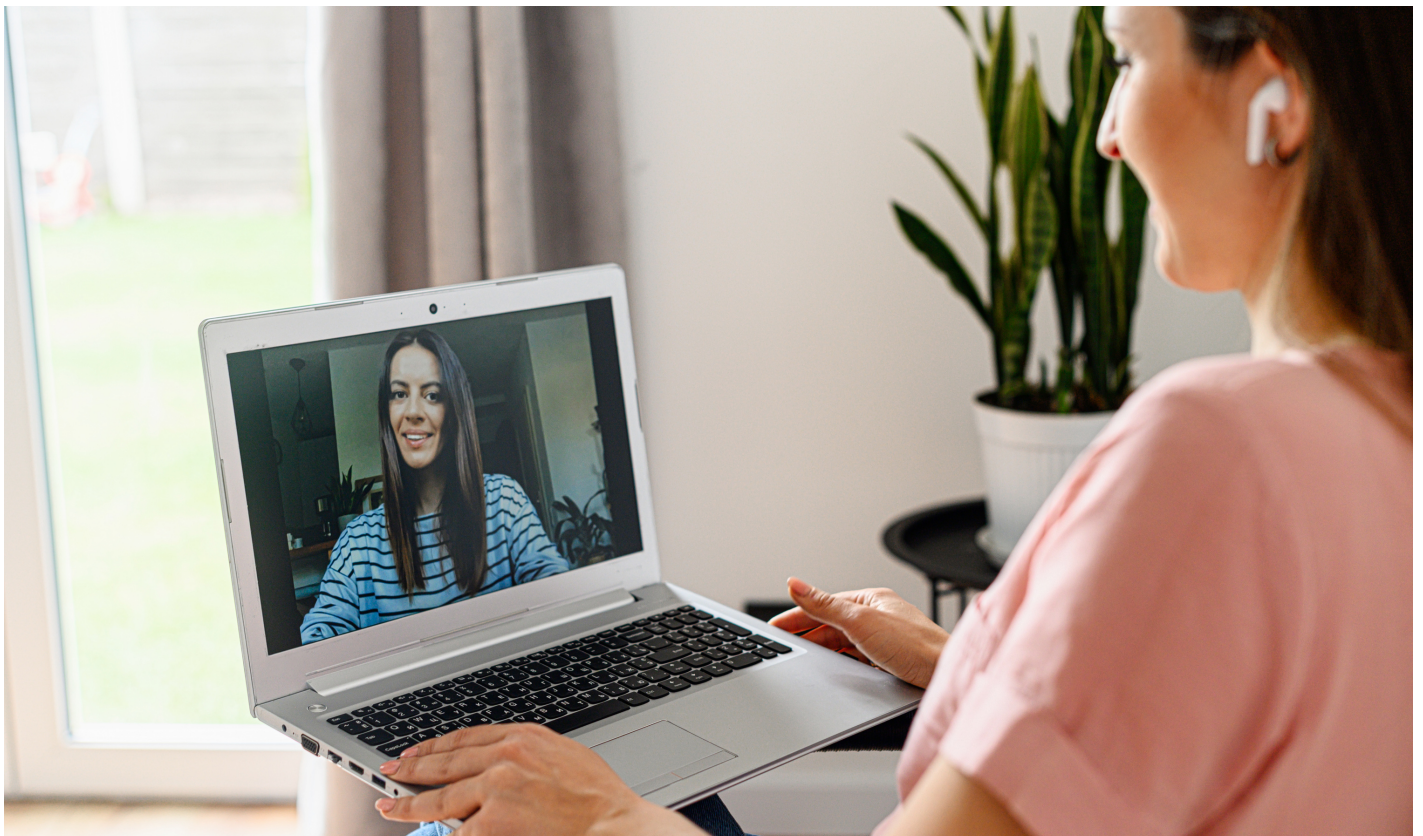
WHAT DO MENTAL HEALTH COACHING, THERAPY, AND LIFE COACHING HAVE IN COMMON?

As coaches, our favorite word is “why.” Have you ever noticed how after asking “why,” you uncover stones you may not have known could be unturned? Three little letters can open the door to many possibilities and unknowns.

Coaching and counseling work with whys. If they were to have a motto, it would be this: “It’s all in the questions.”

Fundamentally, mental health coaching, counseling (sometimes referred to as therapy), and life coaching all seek to reveal what lies beneath the surface and help support those with mental health challenges. They accomplish this by asking the right questions that allow you to dig deep and find answers within yourself.

The Nivati platform provides access to all three types of mental health care.



WHAT IS THE DIFFERENCE?

The main differences between coaches and therapists are in the severity of the issues they address, the desired outcomes, the training they have received, and the standards each is held to.

See the chart below for a quick overview of counseling, mental health coaching, and life coaching.

	Counseling	Mental Health Coaching	Life Coaching
The Goal	Support mental health through: <ul style="list-style-type: none">• Therapeutic techniques• Diagnoses	Support mental health through: <ul style="list-style-type: none">• Therapeutic techniques	Support mental health through: <ul style="list-style-type: none">• Self-development techniques
Needs Addressed	<ul style="list-style-type: none">• Formally treats serious mental health conditions, give diagnoses, and refer clients to psychiatrists for medication.• Therapeutic techniques are used to help clients learn skills to heal.	<ul style="list-style-type: none">• Use therapeutic techniques to support those with mental health struggles (anxiety, depression, stress, etc.) and help facilitate healing.	<ul style="list-style-type: none">• Help clients create plans to reach personal goals.• Can help address mental health challenges like anxiety, stress, and depression.
Licensure	<ul style="list-style-type: none">• Are a licensed counselor in your region and have a degree in counseling.	<ul style="list-style-type: none">• Are not licensed clinically in your region, and have a degree in counseling.	<ul style="list-style-type: none">• Not formally trained to treat mental health conditions, and may or may not be certified.

Read on for a more in-depth description of each.

1 COUNSELORS AND THERAPISTS

Counselors and therapists are trained and certified in the field of psychotherapy and are required by law to keep conversations confidential. Unlike life coaches and mental health coaches, therapists are able to treat mental health conditions and provide diagnoses. Counselors are required to keep your information private and provide HIPAA-compliant care. The exception is to inform your emergency contact if you say you will harm yourself or someone else.

2 MENTAL HEALTH COACHES

Mental health coaches are usually trained psychotherapists but are not clinically licensed in the state in which you are receiving care. Thus, they cannot diagnose clients with mental health conditions, but they can use techniques from the therapeutic approaches they are certified in to treat you. Mental health coaches are encouraged to comply with confidentiality laws like HIPAA.

3 LIFE COACHES

Life coaches do not need a certification to practice and are not held by any confidentiality laws such as HIPAA. They do not need any specific training to practice as a life coach. Life coaching is typically focused on self-development.

If you are facing a serious mental health crisis, it is highly recommended that you talk to a counselor that is licensed in the state you reside in. This way, you can receive a diagnosis and be referred to a psychiatrist for medication, if needed.

All counselors can be life coaches or mental health coaches, but not all life coaches are licensed counselors and have earned a Master's degree in mental health.

Similarities of life coaching, mental health coaching, and counseling include:

- they address challenges relating to careers, stress, life transitions, and relationships
- the coach or therapist can provide fresh insights into your life situations and give advice
- outcomes such as reduced stress, better work-life balance, improved relationships, and improved social confidence and skills
- it is best to work with a coach or therapist you feel comfortable with

WHAT ARE THE MENTAL HEALTH COACHING AND COUNSELING METHODS?

Here are some of the most common counseling approaches your mental health coach or therapist may use and what challenges they address. The best approach for you depends on what you want help with. There are many more types of therapy, but these are four of the most widely used techniques within the Nivati platform and among counselors and mental health coaches worldwide.

COGNITIVE BEHAVIORAL THERAPY

Cognitive Behavioral Therapy (CBT) is all about learning how to manage your thoughts to change attitudes and behaviors. CBT has proven especially effective for people that struggle with anxiety and/or depression—the two most common mental health struggles in the United States. This is the most common form of therapy, and it can apply to nearly any situation, making it a great option for most people.

DIALECTICAL BEHAVIORAL THERAPY

Related to CBT, Dialectical Behavioral Therapy (DBT) is all about learning how to live in the present moment, cope with stress, manage emotions, and thrive in relationships. DBT focuses on the integration of opposites creating a balance of acceptance and change and is beneficial for many mental health problems.

MOTIVATIONAL INTERVIEWING

Motivational Interviewing (MI) is another common method that Nivati counselors use to help clients with mental health conditions. It involves helping clients tap into their internal motivation for change by building empathy, strengthening self-efficacy, growing in resistance, and developing discrepancies between the past and aspirations for the future.

SOLUTION-FOCUSED THERAPY

Solution-Focused Therapy focuses on solutions more than the problems. This approach helps people reach their goals and overcome past experiences. The focus is largely on the future rather than thoughts and feelings being experienced in the present.

WHY MENTAL HEALTH COACHING AND LIFE COACHING ARE GREAT OPTIONS

Do you want to change your life for the better? A coach's goal is to help you do this, but it's up to you to decide what a better life looks like. Picture it for a moment—this better life. What does it look like? What does it have that your life right now doesn't? Why do you want it to look a certain way?

Mental health and life coaches can pose these types of questions to help you discover and expose what you truly desire. In this fashion, coaching enables you to discover yourself and what you really want, and help you reach your personal goals.

Not only that, but coaching is results-driven and goal-oriented. Its focus is on results. Take this better life you're dreaming of—coaching helps you make it a reality. Coaching supports and guides you to discovering, setting, and achieving goals. Sometimes, this is accomplished by holding you accountable for your goals. Other times, it's working with you to break down a goal into actionable steps.

Mental health coaching and life coaching can help employees address mental health conditions like anxiety and depression. However, coaches cannot diagnose mental health conditions.



Life coaches are usually not trained in formal therapeutic techniques (like CBT or DBT). Mental health coaches are professionally trained in one or more therapeutic approaches. An important feature of coaching with Nivati is that it's holistic; it concentrates on your whole life, not just one area or just your mental health, to help you achieve balance in all areas. Focusing on just one area can lead to an unbalanced life. Additionally, all areas of life are connected, which is why coaching serves to examine things comprehensively.

Let's say you're overachieving at work, but your relationships are suffering. This lack of attention to your relationships can also affect your work negatively. So, while you may feel that you're achieving at work, it's compromised by the lack of balance. You're stressed and have to work long hours simply because you haven't been taking a break, which makes your processing capabilities slower, and continues to take more time away from other areas of life to support the need to get work done. It's all related and cyclical.

Mental health and life coaching can help you identify these types of problematic behaviors so that you may work to modify them and create a better balance to support all areas of your life.

In other words, coaches can be your mirror.

We all have things that get in our way and interfere in our lives. Whether negative patterns, a mindset, a bad habit, or simply a belief system that no longer serves us. We all have these obstructions. A coach helps you identify these interferences and works with you to remove them so that you can gain a fresh and informed perspective on your life and the problems you're facing. Coaching offers insights into your challenges and often provides tools to help you get through them.

When you view the Nivati platform, most providers you will see are mental health coaches.



WHICH OPTION IS BEST FOR ME?

1 THERAPY (OR COUNSELING) IS ESPECIALLY HELPFUL FOR THOSE:

- That are struggling with a serious mental illness like depression
- Who may need to be referred to a psychiatrist to be prescribed medication
- Whose mental health is greatly impacting their day-to-day life
- Who have experienced a traumatic event
- That need to build strategies and habits to improve their mental health

2 MENTAL HEALTH COACHING IS A GREAT OPTION FOR PEOPLE THAT:

- Want the widest array of provider options within the Nivati platform
- Want to improve their mental health and wellbeing but do not need a diagnosis or medication
- Are interested in being treated through one of the therapeutic approaches
- Want to talk about their emotions and what is behind them
- Need to build strategies and habits to improve their mental health

3 LIFE COACHING IS A GREAT OPTION FOR THOSE THAT:

- Don't think they need clinical therapy or a diagnosis to address the challenges they are facing
- Feel dissatisfied at work
- Want to create healthier habits
- Feel a lack of fulfillment
- Want to work on goal setting
- Want to increase their motivation
- Want to exit their comfort zone but something is holding them back

CHOOSING THE RIGHT PROVIDER FOR YOU

Now that you have an idea of whether you'd like to see a counselor, mental health coach, or life coach, it is time to choose the right provider for you. Ultimately, when choosing a provider, see what kind of expertise they possess and strategies they are using, and think about how you may best respond. Ask yourself:

- Do they have expertise in areas I need?
- Do I like receiving advice? Or do I prefer a sounding board, someone to ask me questions?
- Do I want to learn specific skills and information? Or do I have the answers within myself, but I just need some help accessing them?

Some other things to look for in a provider are their educational background and their areas of expertise (whether that be relationships, anxiety, sleep, life transitions, etc.). You can find this information through the Book Now tab in the Nivati platform.

Do some soul searching when deciding and pick a provider that you think best suits your needs.

You may think they're not exactly sure what you're looking for. That's okay. Sometimes, you can just try a provider and see how you like their approach. Even if an approach is different from what you may think you would like, it could also be interesting to try it and see how it goes. Perhaps you think you may not respond well to tools or advice, but find out that when you receive other types of guidance, it helps you.

So, if you're unsure, just jump in and give it a try. You are always free to talk with your coach or counselor about how you view their approach and even ask them to make changes if you need.

The Nivati platform makes it super easy to switch providers if you are looking for a better fit.

HOW DO I PREPARE FOR A LIFE COACHING, MENTAL HEALTH COACHING, OR COUNSELING SESSION?

To make the most out of your session, come prepared. How you prepare for it will help you make the most of it.

1 BE OPEN

First, it is helpful to be open. Be honest about yourself, and feel free to share. Of course, it can be weird to open up to a stranger, but that's where the magic can happen. Sometimes it can take a while for some people to feel comfortable with a provider. That's normal. If you're uncomfortable, let them know what would help you feel more comfortable.

2 THINK ABOUT YOUR CHALLENGES

Second, come prepared with some things you'd like to work on and some changes you want to make in your life. Here's a tip: think about your complaints. Where in life do you have some complaints or struggles? While I'm not suggesting we focus on things that are going wrong, I'm suggesting that it's in the areas that aren't going well or in our complaints that we can uncover what we truly want and how we want our life to be. Our complaints can provide a road map to establishing our goals. So, before your first session, you could consider writing down 3-5 complaints or challenges you have right now.

Additionally, you may already have some goals in mind that you'd like to accomplish. Think about them and come prepared to discuss them. Remember, mental health coaching, life coaching, and counseling are all results and goal-oriented, so we try to consider the results you'd like to achieve. If you're unsure what your goals are, that's okay! Just tell your provider; they can help you understand and uncover what plans you may have. So, if you cannot do these things alone, you can do them with your provider.

3 FIND A PROVIDER

Third, pick a provider whose approach works for you, and consider if the provider is suited for your specific needs. Make sure you're choosing the right help for the problem. If you have serious mental health issues or need a diagnosis, it's better to see a therapist to tackle those kinds of issues. If you are looking for a more casual approach or are looking to uncover the "whys" of your life and self-development, life coaching may be a good option for you. If you are looking to improve your mental wellbeing and do not need a diagnosis, a mental health coach would likely meet your needs.

To book a session with a provider in the Nivati platform, navigate to the "Book Now" tab.

In your first session, feel free to ask questions about your provider's strategies and expertise in the first session to see if it's the right fit. Try to make the most out of your sessions by allowing them to guide and support you. If you're unsure which approach you'd best respond to, talk to your provider, and they can help you discover it. Perhaps they'll point it out to you as they work with you.

Remember, they are getting to know you as well, so it may take a couple of sessions to get into a good rhythm.

Also, remember that results take time. Change is a marathon, not a sprint. Remember to be patient and kind to yourself and your provider as you work to create changes in your life. Not every provider will take the same approach to an issue. What you get out of the process will have a lot to do with the relationship you develop with your provider and how suited they are to your personality and problems.



HOW NIVATI CAN HELP

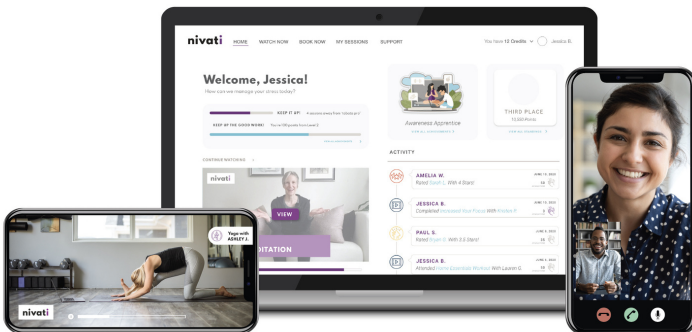
Nivati provides mental health resources for the whole employee. Nivati addresses mental health with various tools, including counseling, coaching, meditation, yoga, nutrition, massage, and finance. Employers can now meet their employees' diverse mental health needs while individuals have complete control of the platform to address their individualized mental wellbeing.

With Nivati, employees can book an appointment with a counselor or coach in minutes or access hundreds of pre-recorded resources whenever they'd like.

- Virtual Therapy
- Life Coaching
- Yoga Classes
- Meditation Sessions
- Nutrition Coaching
- Virtual and Onsite Massage
- Fitness Classes
- Financial Wellness
- Sleep Neuro-Music

[Log in to Nivati](#)

[Set up a demo to get started](#)



"Nivati is something everyone raves about! I was feeling really overwhelmed by work... it's been amazing to have this benefit. I was able to find a therapist so quickly and so easily. Being able to find the help to get through it made it so much easier for me to come to work every day. I was able to find more balance so I could focus on my work and do a better job." - Apsen Forester, Homie employee





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