



Therapist as Life Coach: Transforming Your Practice

Patrick Williams, Deborah C. Davis

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This text for health professionals considers the transition into the dynamic field of life coaching. It explores life coaching as a profession, examines the relationship between life coaching and therapy, and details the variety of options for professionals considering either a transition into coaching or expanding their practices to include coaching. This work is one-stop-shopping for the therapist wishing to explore the coaching field. Chapters include: the history and evolution of life coaching; therapy and coaching; distinctions and similarities; getting started as a life coach; the basic life coaching model; developing and marketing your life coaching practice; and self-care for life coaches.

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