

The Difference is...	Pastoral Counseling	Clinical Therapy	Counseling	Coaching
<b>What is it?</b>	Counseling that incorporates Biblical teachings, doctrines, and Christian spirituality. Usually performed by a pastor, licensed minister, church elder, or trained layperson.	Therapeutic interventions and treatment. Depending on the modality may be short term or long term. Addresses clinical issues and diagnosis that would otherwise be debilitating, such as Depression, Schizophrenia, Bi Polar Depression, Anxiety Disorders,	Tend to deal with more situational and environmental issues. Generally short term.	Coaching is creating actionable strategies for achieving specific goals in one's work or personal life. Coaching is a participative development and pulls knowledge, activities and skills from the person.
<b>Generic Definition</b>	Pastoral counselors often integrate modern psychological thought and method with traditional religious training in an effort to address psycho-spiritual issues in addition to the traditional spectrum of counseling services. <sup>i</sup>	The treatment of disease or disorders, as by some remedial, rehabilitating, or curative process. <sup>ii</sup>	Professional guidance in resolving personal conflicts and emotional problems. <sup>iii</sup>	The International Coach Federation (ICF) defines coaching is partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.
<b>Interventions</b>	Prayer & meditation. Incorporating Scripture reading and application. Generally give advice and guidance in line with Biblical tenets and doctrine.	Reflective Listening. Thought stopping techniques. Psycho-education.	Active/Reflective listening. Short term. Intervention driven May provide guidance and/or advice.	Coaching asks "what" and concerns itself with the present and future.
<b>Benefits</b>	Collaborative Reduced Stigma Accessible	Learn new, positive coping strategies Reduce and alleviate symptoms Overall improved mental health	Collaborative Reduced Stigma May be more accessible	Collaborative learning, action, accountability and follow-through
<b>Limitations</b>	May not address long term clinical issues, such as Schizophrenia May have a limited scope of practice and competence.	Stigma Cost Access Misdiagnosis	Limited scope of practice and competence. May not address long term clinical issues	Focus on actions and results. Coaching assumes that the individual does not need to be given all the answers. <sup>iv</sup>

The California Institute on Mental Health (CiMH) Building the Evidence Summit on May 30, 2014

Community Defined Practices in African American Mental Health presented by Tamitra Clark, PsyD and Brandon Parks, LMFT

<sup>i</sup> From Wikipedia

<sup>ii</sup> From Dictionary.com

<sup>iii</sup> Wilson, J. and Gislason, M. Coaching Skills for Nonprofit Managers and Leaders: Developing People to Achieve Your Mission. San Francisco: Jossey-Bass, 2010

	<b>Mentoring</b>	<b>Psycho-Social Support</b>	<b>Social Support</b>	<b>Self-Help</b>
<b>What is it?</b>	Mentoring is a personal development relationship where a more experienced or knowledgeable person serves as a guide and provides wisdom.	Psycho-social means it relates to one's psychological development in, and interaction with, a social environment.	Social Support is the perception and actuality that one is cared for, has assistance available from other people, and that is part of a supportive social network.	Self-help often utilizes publicly available information or support groups where people with similar situations join together.
<b>Generic Definition</b>	Mentoring is an informal process of knowledge transmission, social capital and/or psycho-social support.	An approach to victims of disaster, catastrophe or violence to foster resilience of communities and individuals.	Social support can be emotional, tangible, informational or companionship and can be measured as the perception as one has assistance available, assistance received and/or the degree that a person is integrated into a social network.	Self-help or self-improvement is a self-guided improvement – economically, intellectually or emotionally, often with a substantial psychological basis.
<b>Interventions</b>	Relevant to career and professional development Informal, face-to-face communication Utilized in personal development	It is used alongside psycho-education and points towards solutions for individual challenges interacting with an element of the social environment.	Social support is studied across a wide range of disciplines including psychology, medicine, sociology, nursing, public health and social work; linked to physical and mental health and well-being; explored by culture and gender.	Peer-to-peer support Distributed through popular genre of self-help books in a wide range of disciplines. Groups associated with health conditions include patients and caregivers.
<b>Benefits</b>	Gaining a sense of perspective and history, receives advice, resources and contacts	Fostering resilience Easing resumption of normal life Facilitating a person's participation in one's convalescence	Emotional Nurturing Informational Personal advice Companionship	According to the APA Dictionary of Psychology, self-help groups provide friendship, emotional support, experiential knowledge, identity and sense of belonging
<b>Limitations</b>	Mentoring is a volunteer relationship.	Limited time-frame Income qualification Program funding	Government provided social support is referred to public aid or limited to income-qualifications.	Non-clinical or therapeutic counseling