

Differences between Recovery Coaching, Therapy and Sponsorship

Coaching	Psychodynamic Psychotherapy
Emphasis on present to future	Emphasis on past to present
Strengths-based / wellness model	Deficits / pathology model
Goal-focused / action-oriented	Feelings/process-oriented
Expansion toward the future	Healing of the past
Short-term	Short-term or long-term
Structured with assignments	No specific structure
Email contact between sessions	Minimal contact between sessions
Phone or face to face	Face to face

Coaching	Sponsorship
Focus on strengths and resources	Stepwork: resentments, defects, amends
Short-term	Long-term
Paid professional relationship (ICF ethics and boundaries)	Being of service by providing experience, strength and hope
Agenda based on client's vision	Asks sponsee to take direction/advice
12 step involvement not required	Requires 12 step involvement

(Comparison/Contrast based upon the experiences of Andrew Susskind, MSW, ACC)

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