

Consulting vs Coaching: What Services Do I Need?

Understanding the difference between consulting and coaching services

For parents, we recognize the confusion that often accompanies this journey. This document is designed to help parents understand what professional services are available to them, who provides those services, and how to choose the best professional for their needs.

Therapeutic Educational Consultant

Primary Role/Service:

To support parents and adolescents/young adults in understanding their academic and therapeutic needs, resources available to them, and treatment options.

Qualifications & Areas of Expertise:

- Advanced Degree/Work: clinically trained
- Extensive knowledge of specific treatment programs, academic services, and family support options
- Maintaining objectivity and independence from any specific programs

Services & Support Provided:

- Evaluating client needs
- Touring and vetting potential programs and services
- Providing clients with a tailored list of resources, programs, and/or recommendations
- Connecting families with evaluation services to understand their young adult's psychological and cognitive profile

Parent Coach

Primary Role/Service:

To help parents focus on their familial relationships, strategize new tools and solutions, and more effectively assist in moving their adolescent/young adult to greater self-reliance.

Qualifications and Areas of Expertise:

- Professionally trained coaches with Parent Coach Certification (and other specialties)
- Extensive knowledge in interpersonal communication, family systems, boundary setting, and decision-making strategies
- Maintaining objectivity and focus on parental empowerment and family goals

Services & Support Provided:

- Clarifying parental goals, values, and concerns
- Understanding and assessing family dynamics
- Facilitating healthy communication, collaboration, and boundaries
- Developing strategies that support growth and independence

Consulting vs Coaching: Summary of Services

Skill/Service	Consultant	Coach
Professionally Trained	✓	✓
Supportive, objective and client centered	✓	✓
Evaluating student needs	✓	
Vetting programs & services	✓	
Providing resources and placement recommendations	✓	
Addressing Family Dynamics		✓
Supporting Parent/Child Communication		✓
Providing boundary setting support and strategies		✓