

To Whom It May Concern:

I see in HB 2493 that Life Coaching is being considered some type of "alternative therapy". As a Certified Professional Life Coach, who holds a bachelors in Social Work and abides by all regulations established by the International Coaching Federation, there is a very distinct difference between coaching and therapy. I am trained to know when someone needs therapy, as opposed to someone who is wanting to progress and move forward through a mutually exclusive relationship that establishes goal setting, paired with accountability to create lasting change.

No other state is recognizing coaching as a type of "therapy" or is asking for state oversight or regulation of the same. Not only that, coaching is an internationally recognized field separate from therapy. I strongly oppose this bill in the fact that coaching is being lumped in with alternative "therapies".

My clients come to me NOT for therapy, but in order to make changes and improvements in their own life. You see, most people know what they need to do. They simply aren't doing it. Yet as my clients work with me they verbalize for themselves what they need to do, and I simply come alongside them to provide accountability and help them move forward through a relationship that provides a goal-setting process with accountability. Coaching is a very different type of relationship than therapy.

Please do not move this bill forward with the inclusion of "Life Coaching" as a type of "alternative therapy." It is simply false and misleading to include it.

Thank you,
Robin Fuller, CPLC