

Thank you for reviewing my thoughts on HB 2493.

I oppose including coaching with alternative therapy practitioners because coaching is not a therapy and, in fact, is quite distinct from therapy. The coaching role is a role of trainer, ally, and advisor supporting individuals in learning skills and approaches to create greater success in their work and personal lives. Coaching has been a recognized field for over 20 years and coaches include individuals with expertise in helping successful people develop new skills, new approaches, and new levels of success. Coaching does not diagnose or treat psychological or mental health issues and when mental health issues emerge, coaches refer to therapists and counselors who are trained and licensed in providing therapy.

Given the focus of coaching, helping successful people grow and create greater success, most large companies, including Oregon companies, actively use coaching as a tool for professional development. In fact, many of the largest companies now have in-house coaching and coach training programs. These including Nike, Adidas, Intel, Columbia Sportswear, OHSU, Providence, Legacy, Facebook, Microsoft, and Google. In addition, the Federal Government, many state governments and many of our armed forces actively use coaching to help support their people.