

	<b>*B-positive</b> *Uses <b>Thera-Exercises</b> Greek word Therapeia = Healing; reducing tension	<b>B-positive</b>	<b>B-positive</b>	<b>B-positive</b>	<b>B-positive</b>
	<b>Therapy</b>	<b>Counseling</b>	<b>Advising</b>	<b>Mentoring</b>	<b>Coaching</b>
<b>Focus</b>	<i>Healing of past challenges related to mental well-being</i>	<i>Healing of recent past; work on specific current issue</i>	<i>Practical: “nuts and bolts of the academic process</i>	<i>Showing the way forward</i>	<i>Identifying goals as a means to achieve them</i>
<b>Role of Helper</b>	Leads and directs the process	Leads and directs the process	Passes own expertise to advisee	Uses past experience and shares networks to benefit the mentee	Prompts coachee to clarify goals and empowers to use own strength to overcome own obstacles
<b>Relationship</b>	<i>Novice &gt; Expert</i>	<i>Novice &gt; Expert</i>	<i>Novice &gt; Expert</i>	<i>Novice &gt; Experienced</i>	<i>Partners working together to achieve coachee’s goals</i>
<b>Outcome</b>	Easing burden of the past	Easing current burden or situation	Advisee becomes proficient	Mentee becomes proficient	Coachee is empowered to achieve goals and to realize aspirations

**\*B-positive**

- According to Dictionary.com the fourth entry in the definition of therapy reads, “Any act, hobby, task, program, etc., that relieves tension.”
- According to Cambridge online dictionary therapy is defined as, “A treatment that helps someone feel better, grow stronger etc., especially after an illness.”
- Some forms of therapy are:
  - Occupational Therapy
  - Speech Therapy
  - Group Therapy
  - Music Therapy
  - Joining a club can be considered therapy for loneliness

**References**

therapy. (n.d.). Dictionary.cambridge.org. <https://dictionary.cambridge.org/us/dictionary/english/therapy>  
 Definition of therapy | Dictionary.com. (2019). Wwww.dictionary.com. <https://www.dictionary.com/browse/therapy>