

Working with a coach or therapist

Coaches and therapists are invited to a single profile with permissions you choose, never into your family workspace.

Coaches, therapists, BCBAs, and other professionals are invited a different way than family. They are never workspace members. They are invited to one profile, with permissions you choose.

This guide explains why that split exists and how to invite a professional.

Why a coach is never a workspace member

A workspace member sees every profile in the workspace and can contribute to all of them. That is the right model for a co-parent or a grandparent who helps with the whole family.

A professional usually works with more than one family. If a coach were a member of one family's workspace, they would see that family's other profiles, and joining a second family's workspace would mix the two. To keep every family's information separate, professionals are kept out of workspaces entirely. They get access to exactly one profile, scoped to exactly what you grant.

This is a privacy boundary, not a limitation. It is what lets the same coach work with many families on Specthrive without any family ever seeing another.

How to invite a professional

You invite a professional from the profile they will work with, not from the family settings page.

1. Open the profile you want to share.
2. Open its sharing or care team section.
3. Enter the professional's email address.
4. Choose what they can see. Access is granted per area: plans, timeline, trackers, documents, calendar, activity feed, and messages. Grant only the areas relevant to the work. A speech therapist might get trackers and plans but not documents or messages.
5. Send the invitation. They get a one-time link and join only that profile, with only the areas you selected.

What the professional sees

A professional sees the one profile you invited them to, and within it, only the areas you granted. They do not see your other profiles, your workspace, your family members, or any other family they work with on Specthrive.

You can change what they can see, or remove their access entirely, at any time from the same place you invited them.

Documents are always explicit

Document access is never granted by default. Even a professional with broad access to a profile sees no documents until you explicitly grant the documents area. This keeps evaluations, reports, and letters under your direct control.

Family versus professional, side by side

ASPECT	FAMILY CAREGIVER	PROFESSIONAL
Invited from	Family settings (/settings/family)	The specific profile
Joins	The whole workspace	One profile
Sees	Every profile in the workspace	Only the granted areas of one profile
Typical people	Co-parent, grandparent, long-term sitter	Coach, therapist, BCBA, school specialist

If you are setting up the family side, see [Setting up your family workspace](#).