

Counselling terms without the jargon

Our counsellors are trained in a whole range of therapeutic approaches and won't necessarily have to be limited to just one – sessions will be tailored to the needs of the individual client or group. Here are some:-

Cognitive Behavioural Therapy (CBT)

It identifies those irrational thoughts and fears which are causing problems and making us unhappy. We can then move on to replace those fears with a more accurate and cheerful outlook. CBT has been widely recognised to be of benefit to clients suffering from depression and has received very positive national press coverage. The Department of Health (DoH) is now working towards making CBT more widely available.

Brief and/or Solution Focused Therapy

Does not have to be based on any particular method but will look at the problem with a clear future goal, rather than attempt to unravel the bigger picture. It is not a 'quick fix' but can involve as little as three to five sessions and can be used as a preliminary stage, or as a complete package, depending upon the client's needs.

Humanistic and Person Centred Therapy

The counsellor or therapist works with the client towards finding their particular solutions – on the basis that we know ourselves best and can develop our own potential once we have the right skills.

Neuro-Linguistic Programming (NLP)

Around for over thirty years, it was developed by a linguist and a mathematician who saw links between successful people, use of language, psychology and computer programming. NLP means different things to different people but broadly, it helps us change by teaching us to programme our brains to think in a different way – or understand where the others are coming from at least!

Rational Emotive Behavioural Therapy (REBT)

Basically, it works on the premise that our feelings and behaviour are based on what we think, assume or believe about ourselves and that sometimes these feelings prevent us from going about our daily lives in a positive way. REBT helps us to re-evaluate our perceptions with a more upbeat outcome.

Psychodynamic Therapy

This therapy enables the therapist to replicate a blank canvas onto which clients can transfer and project deep feelings about themselves and other significant players in their life. The therapist gradually helps the clients deal with all this 'baggage' and also gains a better understanding of how their minds works, thereby helping clients gain a better understanding of what is disturbing them.

Transactional Analysis (TA)

Works on the concept that our minds can occupy different states and that we act and interact with others, depending upon how we relate or 'transact' with them.

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Clinic and Therapy Centre

Bringing back the brightness

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