

Counselling



Humanistic Person Centred

Person-centered, humanistic therapy focuses on the individual as a whole person and their unique experiences. It aims to provide a safe and supportive environment where individuals can explore their thoughts, feelings, and emotions and work towards personal growth and self-awareness.

The humanistic approach is about free will, self-discovery, achieving your full potential as a human being, rather than concentrating on individual problems or symptoms. It looks at everything that makes you who you are and focuses on you as a unique individual and your relationship with the world around you.

The therapist takes a non-directive approach to the therapy process, allowing the client to lead the way and explore their own thoughts and feelings.

You are the expert on yourself, as no-one else knows exactly what it is like to be you. The therapist's role is to help and facilitate how you choose to help the expert.

What to expect

Typically therapy takes place in planned, regular sessions which last for around 50 minutes. How often you see your therapist and how many appointments you have will depend on your individual circumstances, and will be agreed between you and your therapist.

You might see a counsellor face to face, or talk to them online or over the telephone..

What you talk about will vary depend on what you want help with and the therapist's approach, which may involve talking about:

- your relationships
- your childhood
- your feelings, emotions or thoughts
- your behaviour
- past and present life events
- situations you find difficult

During a sessions, your therapist may take you through specific exercises designed to help with your problem, or you might have more general discussions about how you're feeling.

Your therapist will be impartial but understanding, will listen to you without opinion, judgment or prejudice and help you explore your thoughts and emotions. They may offer information, but they will not tell you what you should think or do.

The benefits

It is reported that person-centred therapy can be effective with any issues including:

- Depression
- Addiction
- Anxiety, or stress
- Grief
- OCD (Obsessive Compulsive Disorder)
- Finding a balance between the idealised self and the actual self
- Building trust in the self and others
- Achieving better self-awareness
- Reduce feelings of guilt and insecurity
- Seek and sustain healthier relationships
- Healthier self-expression
- Improving decision making
- Boost self-esteem and self-reliance
- Develop/strengthen a sense of identity

To get the best results from your therapy is to be open and honest with your therapist and say how you are really feeling.

Your relationship with your therapist is very important. You should always feel physically & emotionally safe, able to take risks in what you disclose, including providing feedback if you are uncomfortable about any aspect of your counselling.

You are very welcome to book a free 30 minute consultation (with no obligation or commitment), to help you decide if you are ready to start therapy, if this treatment & the therapist is right for you.

