



Engaging in therapy and going to see a counsellor or therapist is a huge decision. It can feel overwhelming, daunting but is also a very courageous step to take.

If you have explored this website, you might by now be feeling overwhelmed, confused, undecided by all the different forms of talking therapies and options available. Please don't stop here, after all you are investing heavily in yourself, your wellbeing, time and money.

Anyone can call themselves a counsellor or therapist and set up in private practice, so it is very important to find a therapist who you know is fully qualified and works to professional standards. One that you will be comfortable with, when sharing your story with some immensely deep and personal information such as past, present experiences.

In counselling and therapy, the relationship between the client and the therapist is known as the 'therapeutic relationship' which means that you need to choose a therapist that is right for you. When choosing a therapist it is important to consider:

- Doing more research
- Checking qualifications
- Consult with your GP or health care professional if the time and therapy is appropriate for you and your circumstances, e.g., barriers such as medication and any current vulnerabilities.
- Your preference of a male or female therapist.
- A preferred access to sessions, e.g., face to face or on-line.

Some of the key characteristics of a good therapist and an effective therapeutic relationship include:

- Mutual trust, respect, and caring.
- Empathy and genuineness.
- Transparency.
- Non-judgment and acceptance.
- Respect for boundaries.
- Shared decision making.
- Agreement on the goals and tasks of the therapy.

A strong, authentic therapeutic relationship can facilitate a positive and deep connection between the therapist and client that will benefit the treatment and outcome. A good relationship is essential to helping the client connect with, remain in, and get the most from therapy.



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.

