

What is counselling?

Counselling is an opportunity for people to explore different ways of looking at their lives and to move towards effective ways of coping. There are many different definitions of counselling but basically it is two people working together over a period of time where one (the counsellor) encourages and supports the other (the client) through their difficulties.

The overall aim of counselling is to help clients work towards living in a more satisfying and resourceful way. Counselling may be concerned with addressing and resolving specific problems; making decisions for yourself; coping with crisis; developing personal insights and knowledge; working through feelings of inner conflict or improving relationships with others.

A trained counsellor is there to listen to whatever you wish to talk about. Solutions to problems are not offered but rather time, attention and respect, to help you resolve conflicts, make decisions and come to terms with things that cannot be changed.

People are accepted as they are to enable them to talk freely about themselves without fear of being judged.

Types of counselling

There are many different approaches to counselling. At the Simeon Centre we have counsellors that work in three different ways:

Person-Centred

This approach focuses on building a trusting relationship between counsellor and client. There are no 'techniques' employed by the counsellor. Instead they focus on creating a non-judgemental environment and offering an empathic relationship. The counsellor allows the client to set the pace and discover the right way forward.

Integrative

Counsellors will use a variety of appropriate techniques from different counselling approaches to help improve clients' well-being.

Cognitive-Behavioural Therapy (CBT)

In this way of working counsellors explore their clients' thinking and behaviour patterns. The counsellor will offer 'tools and techniques' to help reduce a client's level of disturbance. Clients are expected to practise using these 'tools and techniques' between sessions.