

counselling:

explained, key terms & finding a counsellor

as if making the decision to open up to a stranger isn't hard enough, new terminology and an endless selection of different approaches to choose from can make therapy/counselling feel like an alien world when you're first starting out. The good news is, simply spending a bit of time getting clear on what you want to get out of therapy and getting to know some of the basic differences between approaches, is all it takes to put yourself in a good position to choose a therapist/counsellor that feels like the right fit for you.

you may want to think about: what you want or need from a counsellor; any goals that you have for counselling; the type of counselling you would like. it is most likely you will explore these intentions in one of your first sessions with your counsellor.

face to face therapy / counselling this takes place 'in person'.	telephone therapy / counselling this takes place over the phone. this can take place from the comfort of your own home & can be helpful if you're uncomfortable talking to someone in person, or if you have difficulty leaving the house or using transport.	online therapy / counselling this takes place online & usually through a video platform. similar to telephone counselling; from the comfort of your own home or an alternative if it's difficult to get to a physical counselling space. however, the video platform will enable you to 'see' your counsellor too.
--	--	---

types and approaches to therapy/counselling: part of finding a therapist/counsellor that's right for you may involve thinking about the type and approach to therapy/counselling they use. There's no such things as the right approach because everyone is different; some therapists/counsellors may stick to one approach but a lot of therapists/counsellors use a blend of different approaches

- **cognitive and behavioural therapies:** focusing on changing unwanted or harmful thoughts and behaviours; based on the idea that they can be learned and unlearned.
- **psychoanalytic / psychodynamic therapies:** focusing on uncovering unconscious motivations to change thoughts and behaviours.
- **humanistic therapies:** focusing on you as a whole person and encouraging you to realise your own strength, wisdom and choice.
- **postmodern therapies:** focusing on equality by reducing the power gap; focusing on the client's strengths and own solutions.
- **body-orientated therapies:** based on the idea that we hold emotions and trauma in our bodies; focusing on the connection between mind and body.
- **expressive therapies:** using the creative arts such as art, dance, movement, music and play to facilitate healing and explore self-expression.