

the therapy room

Understanding Psychotherapy...

Over recent years it would seem that stress and mental ill health are far more prevalent in our society. There could be a huge host of reasons for this, about which we could philosophise for eternity – however the up shot of it is that people **are** suffering, and people **are** seeking help.

It's not surprising therefore that more and more people are turning to Counsellors and Psychotherapists to help them to resolve conflicts or issues.

However – did you know that there are a wide range of schools of thought within the

practice of Psychotherapy? When choosing a therapist it is important to find the right therapist for you. I asked our three regular therapists to explain the school of thought behind their approach – this is what they said...

Person Centred Counselling

By Marjorie – Humanistic Counsellor

What is Person Centred Counselling?

“Person Centred” means that it is the client not the counsellor who chooses what happens each session. The counsellor is not an “expert” who tells the client what is wrong and how to put it right. The counsellor is trained to work alongside the client, helping him/her to examine their problems and to explore ways to solve these so that he/she can move on. Person Centred Counselling can be used to help any and all of life's problems but, above all, it enables a client to discover the person they really are and who they can become, rather than the person other people have said they are.

All of us are capable of believing in ourselves, being confident and with the ability to take responsibility for our life's actions – but so often what we are told about

ourselves gets in the way, so that we lose trust in our opinions of who we are and what we can achieve. How many times have we heard “don't be stupid” or “be quiet, you don't know what you're talking about!” If we hear negatives often enough we begin to believe them. But this does not mean that they are true!

By believing in the client's worth, by being non-judgemental and by being completely honest, a person centred counsellor is able to help a client to see themselves and their place in life from a completely different viewpoint. Sounds a bit over simple? I

thought so too when I began training, but again and again I have witnessed the incredible change that can take place in a person's life – after all it worked for me too! And the secret? The secret is that you really have to want it to happen. It isn't easy – I don't have a word to change you by magic. It is hard work and it can be playful. It takes total commitment for both client and counsellor – but what a result can be achieved. It can change your life!

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Please ring Marjorie on
01284 725872

For a confidential and informal chat
or to make an appointment

Adlerian/Holistic

By Camilla – CSN (Counselling Solutions Network)

Adlerian Psychology is a holistic Psychology and Psychotherapy. We work with the psychological (mental), emotional and physical processes of a client. Our behaviour is directed by all three of these cornerstones to health. The Adlerian approach focuses on the solution rather than the issue, providing a fertile ground for change that improves health on all levels long term. There are no quick fixes or magic wands to effect real change; however therapy does not have to be long term. Clients find great benefit in working with a professional for 10-20 sessions.

CSN is a network of highly qualified and experience professions offering a range of therapeutic approaches: Counselling, Psychotherapy, Psychology, Life Coaching, Nutrition, Supervision, Teaching and Meditation. All of our therapists have a minimum of eight years experience and a minimum of ten years training and are fully accredited by BACP/UKCP.

As the Managing Director of CSN I ensure that the most useful and effective approach for a Client is offered so that time and money are well spent, and results achieved.

www.csn-uk.com www.cambridgeadleriansociety.org.uk www.adleriansociety.co.uk

Psychodynamic/Eclectic Counselling

Emma Taylor of Emhart

Psychodynamic counselling places more emphasis on the influence of past experience on the development of current behaviour, mediated in part through unconscious processes. It is influenced by object relations theory, that is, by the idea that previous relationships leave lasting traces which affect self-esteem and may result in maladaptive patterns of behaviour. Psychodynamic Theory is based on the premise that human behaviour and relationships are shaped by conscious and unconscious influences.

Eclectic in the counselling context means that you adopt not one specific counselling theory, by trial and error over the years, you adapt various aspects from a number of counselling models in order to formulate a suitable programme for the client and therefore tailoring the counselling sessions to each individual as you see necessary.

CSN

Counselling Solutions Network

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UKCP Registered • Member of BAIPSA
Emma Taylor - Qualified Counsellor
MASC (UKCP) (UKCP) (BAIPSA) (BAIPSA) (BAIPSA)

In psychodynamic therapy, the client talks, and the therapist makes interpretations about the client's words and behaviours.