



What is Counselling?

A short guide to your recovery

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Personal centered counselling is a humanistic talking therapy in which a nonjudgmental relationship is formed.

This relationship contains several factors such as congruence, empathy and understanding.

The three core conditions: Unconditional positive regard, congruence and empathy create the conditions for the therapeutic relationship to work effectively for you to move towards resolving your issues.

The session is led by you in which the counsellors listen to your problems allowing you to self-reflect to help explore your own thoughts and feelings and find your own solution to the problem. It is not about telling you what to do or giving you advice.

The process of counselling is that the counsellor will guide and support you in understanding how your experiences have led you to hold a certain perspective.

By allowing you the space to freely talk about your problems the counsellor will work alongside you by exploring your own feelings, beliefs, behaviors and world which will enable you to become more self-aware and this can empower you creating self-acceptance and personal growth reducing negative feelings such as defensiveness regret, guilt and insecurity creating a better understanding improving self-esteem and trust in self allowing you the empowerment to create change.