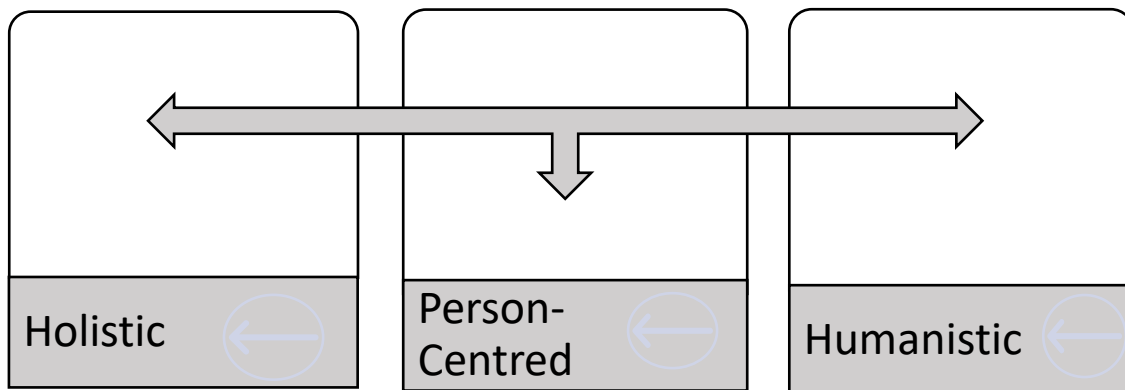




Counselling approach

My approach to counselling is solely driven by person-centred therapy. Below outlines my therapy approach in further detail.



Person-centred therapy;

Focuses on the person, not the problem with an emphasis on personal growth and development. An empathetic approach empowers and motivates the client in the therapeutic process and helps clients work towards becoming “fully functioning”. Person-centred therapy principles include individuality, privacy, rights, choice, interdependence, dignity, and partnership.

Holistic approach;

Holistic therapy is a form of person-centred therapy that supports clients to heal by taking the entire human being and their life into consideration for assessment and treatment from all five aspects of holistic health physical, emotional, social, spiritual, and mental health.

Humanistic therapy;

Is a mental health approach that emphasises the importance of being your true self in order to lead the most fulfilling life. Humanistic therapy is a form of person-centred therapy that supports clients to develop a stronger, healthier sense of self as well as accessing and understanding their feelings to help gain a strong sense of meaning and belonging in life. Based on principles that everyone has their own unique way of looking at the world and boosts self-fulfilment by helping people grow in self-awareness and self-acceptance.

Mental health Clinical interventions can include;

- Humanistic approach to counselling
- Holistic interventions- (mind, body and soul, connections, diet, exercise, stress management, and wellbeing (looking at the whole person)
- Mindfulness based therapy and interventions, progressive muscle relaxation and controlled breathing, meditation, and grounding techniques
- Psychoeducation and referral if required
- Mental state examination, DASS21, SAK suicide assessment kit.
- CBT- cognitive behaviour therapy (change the way we think, that impacts our behaviours)
- ACT- acceptance and commitment therapy
- Couples therapy- emotion focused and Gottman method
- Behaviour modification