



MORE INFORMATION ABOUT THERAPIES

Here is a little information about the different theories, this will help you to understand a little more about the various therapies.

CBT

Cognitive Behavioural Therapy (CBT) helps clients understand more about their thoughts and feelings and how they influence their behaviour. The treatment is generally short term and helps clients learn how to identify and change destructive or disturbing thought patterns and emotions. The counsellor encourages the client to experiment with small challenges to create positive change.

PCT

Person-centred therapy (PCT) is a humanistic approach that deals with the client's dilemmas where the counsellor works to understand this from the clients point of view. The counsellor helps the client discover their true potential and enables them to value and accept themselves more, by becoming more self-aware and enabling the client to find their own way forward, thus creating client autonomy.

CFT

Compassionate Focused Therapy (CFT) involves the use of approaches intended to bolster self-compassion. It explores self-soothing techniques such as imagery and mindfulness breathing techniques within the session. There are many areas to explore to create inner contentment and its emphasis is on becoming kinder to the self and recognising when to implement these strategies.

SFT

Solution Focussed Therapy (SFT) Is based on building solutions rather than problem solving, with the counsellor focussing on the clients desired future rather than on past problems. Clients are encouraged to increase the frequency of their current useful behaviours. The counsellor therefore helps the client to find alternatives to their current undesired patterns of behaviour.

TA

Transactional Analysis (TA) is a theory and method of therapy wherein social transactions are analysed to determine the ego state of the patient (whether parent-like, child-like, or adult-like) as a basis for understanding behaviour in transactional analysis, the client is taught to alter the ego state to solve emotional problems. TA describes how people are structured psychologically, this model helps explain how people function and express their personality in their behaviour and explores solutions for a more positive outcome.

GT

Gestalt Psychology looks at the human mind and behaviour. It focusses on trying to make sense of the world around us, Gestalt psychology suggests that we do not simply focus on every small component by exploring through counselling, that our minds perceive objects as part of a greater whole and as elements of more complex systems. Thus, by introducing the idea that human perception is not just about seeing what is present in the world around us, and is perceived as being heavily influenced by our motivations and expectations.