

Integrative Counselling

Integrative counselling considers the whole person, including mental, physical and emotional needs. Tools and techniques from different modalities are used to tailor an individual approach for the client.

Humanistic Therapy

Person Centred - Based on the view that everyone has the capacity and desire for personal growth and change, given the right conditions. The therapist is not seen as the expert; instead, they offer UPR, empathy and congruence to help the client come to terms with any negative feelings, and change and develop in their own way.

Gestalt - 'Whole' - sees the individual as a whole, within their surroundings, rather than breaking things into parts. Therapists help the client to focus on the here and now (including immediate thoughts, feelings and behaviour) to better understand how they relate to others and to situations. This can help with new, positive perspectives, and lead to change.

Transactional Analysis - Comprehensive approach - combines humanistic, CBT and psychodynamic. The human personality is categorised into three states - Parent, Adult and Child - which can help the client understand how they interact with others.

Cognitive Behavioural Therapy (CBT)

Aims to change the way you think (cognitive) and what you do (behaviour). Rather than looking at the past, it focuses on current problems and practical solutions, helping the client to feel better now.

Psychoanalysis

Based on Freud's work - believes that psychological problems are rooted in the unconscious mind, and that past experiences can influence emotions, thoughts and behaviour. Techniques may include free association or dream analysis to help identify repressed feelings or conflicts that are affecting the client now.

Psychodynamic Psychotherapy

Derived from psychoanalysis - from Freud - but focuses on immediate problems to attempt to provide a quicker solution. It stresses the importance of the unconscious and past experiences in shaping current behaviour. The therapist will encourage the client to talk about their childhood relationships (including with parents and other significant people). Uses techniques such as free association, interpretation and transference.



