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# COUNSELLING AND PSYCHOTHERAPY TECHNIQUES

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Everyone's situation is unique therefore different approaches and techniques of Counselling and Psychotherapy are used. Some of the techniques and approaches used within sessions include:

## Existential Therapy

Focuses on positive capabilities of the client while acknowledging limitations. This approach tries to understand the road taken that led the client to the present as a means to use the past as a tool to focus positively on the future.

## Person-Centred Therapy

Allows clients to take lead in discussions so that overtime they discover their own solutions. The Psychotherapist facilitates the process and listens without judgement. This is often used with clients who want to gain more self-confidence and trust in their own decisions, a stronger sense of identity, and the ability to build healthy interpersonal relationships. This approach, can also be





useful for clients working through grief, depression, anxiety, stress, abuse, or other mental health conditions.

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## Psychodynamic Therapy

Is a therapeutic analysis of mental and emotional processes; it is a simpler, shorter alternative to psychoanalysis and aims to address the basis and development of psychological processes in order to lessen symptoms and better people's lives. The counsellor/psychotherapist assists the client to examine reactions, thoughts, early-life experiences, emotions and beliefs to allow the client to gain an insight and evaluate the patterns they have developed over time. Understanding patterns can help clients understand ways in which they avoid distress or develop defence mechanisms as a method of coping so that they can take steps to alter those patterns.

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## Cognitive Behaviour Therapy

Combines cognitive therapy (the way a client thinks about the issue that's causing concern) with behaviour therapy (techniques or skills taught to alter their behaviour). CBT involves the use of practical self-help strategies, which are designed to affect positive and immediate changes in the client's quality of life. CBT is often used with anxiety, anxiety disorders (such as social phobia, obsessive-compulsive disorder or post-traumatic stress disorder), depression, low self-esteem, uncontrollable anger, irrational fears, hypochondria, substance misuse, problem gambling, eating disorders, insomnia, marriage or relationship problems



and certain emotional or behavioural problems in children or teenagers.

## Gestalt Therapy

Uses experiments and exercises within session and can often use role plays. Role plays are often used to evoke emotions within session whereby providing an opportunity to analyse and discuss the “here and now” feelings of the client.

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