

## **Personal or One-To-one Therapy**

It's important that you are comfortable with your Therapist. If this is not so please let him or her know as part of the training of a therapist is to deal positively with these situations. So don't feel embarrassed to bring up the subject. We will, then, find you another therapist – it's not such a big deal!

The therapist encourage clients to explore feelings (emotions), thoughts (beliefs) and behaviours (actions) that are often related to their past, particularly the experiences as a child. The therapist will explore how these events impact on your everyday life.

Through therapy, clients are invited to reflect on what is happening to them; consider alternative ways of doing things; gain a better understanding of what has happened and accept things as they are perhaps by looking at them differently.

Working in a confidential setting, counsellors listen attentively to their clients and offer them the time,

empathy and respect they need to express their feelings and perhaps understand themselves from a different perspective.

The aim is reduce their confusion and support them in dealing with challenges or to make positive changes in their life where necessary.

*Counsellors do not give advice, but enable clients to make their own choices within the framework of an agreed counselling contract.*

Therapy is not all plain sailing. There be times when you may not want to turn up. But remember your therapist has put the time aside for you, so please respect this. If it's impossible to turn up please phone in and simply let them know that you will not be in. Remember the Therapist cannot do therapy without a client.

Don't be surprised if you get angry at your therapist it's not totally unexpected. In fact it can prove to be a positive outcome from therapy. So please let them know (if they have not already spotted it).

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**To find out more contact:**

**Bohemia on**

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## Typical work activities

There are various models of counselling / Psychotherapy each with its own theoretical basis. Differences in approach can relate to the individual practitioner's preference and training, the setting in which the counselling consultation takes place, or the predominant client group. There is also no clear distinction between the terms counselling and psychotherapy, and both can encompass a range of talking therapies. Counsellors working in particular fields (e.g. relationship guidance, addiction, sexual abuse or health) tend to specialise in the models most used in those areas.

Across most areas of counselling, typical work activities include:

- establishing a relationship of trust and respect with clients;
- agreeing a counselling contract to determine what will be covered in sessions (including recording, timings and confidentiality issues);

- encouraging clients to talk about issues they feel they cannot normally share with others;
- actively listening to client concerns and empathising with their position;
- checking understanding and seeking clarification;
- accepting without bias the issues raised by clients;
- working with clients towards a deeper understanding of their concerns;
- challenging any inconsistencies in what clients say or do;
- encouraging clients to make decisions and choices regarding possible ways forward;
- referring clients to other sources of help, as appropriate;
- work with clients towards a positive ending to therapy;
- reviews progress;

## Behind the Scenes the Therapist will:

- attending supervision and extensive training courses;
- undertaking personal therapy (mandatory for accreditation);
- liaising, as necessary, with other agencies and individuals to help make changes based on the issues raised by clients;
- working to agreed targets in relation to client contact;
- undertaking group as well as individual therapy on occasions;
- Keeping records and utilising reporting tools.

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