



WHAT CAN COUNSELLING/THERAPEUTIC APPROACHES HELP WITH?

People seek counselling/therapeutic approaches for a variety of reasons. In general, counselling provides a safe and regular space for you to explore whatever it is you would like to gain insight and understanding about. This doesn't necessarily mean it has to be related to a negative issue for you to want to seek counselling.

What is counselling used for?

Counselling/therapeutic approaches can be used for varying conditions;

- Depression & anxiety
- Stress
- Bereavement/Grief
- Addictions
- Long term illnesses
- Difficult life events
- Relationships
- Reaching personal goals

How can counselling help?

Counselling can help you overcome issues, explore and understand your feelings, situations and provide you with insight and knowledge.

Counselling can help you:

- Find a safe space to talk
- Feel more in control
- Feel more confident
- Take a weight off your mind
- Provide "head space" and clarity
- Understand your emotions and feelings better
- Consider other perspectives
- Have a more positive outlook on life/your current situation
- Make positive changes in your life if you wish



CONNECTING THE DOTS

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