




Choosing which type of therapy or counselling will be right for me.

<p>Person centred therapy.</p> 	<p>The therapist and the client choose the topics they want to discuss.</p> <p>The therapist shows empathy (understanding) and always values the client.</p> <p>The therapist and client think about what resources the client already has in their life to cope.</p>
<p>Cognitive behavioural therapy</p> 	<p>The client and therapist talk about what is happening in the present rather than the past and finds ways to cope and manage that are helpful.</p>
<p>Psychodynamic therapy</p> 	<p>The client and therapist talk about events related in the past, to understand how these affect the present events. They also talk about the therapist and client relationship as to understand better how the client feels in relationships with other people.</p>

Family therapy



Family therapist work with the whole family. They help the family understand the different viewpoints of everyone in the family so the can work better together.

Creative therapies.



Creative therapists may work with either dance, drama, music, or art to be able to help people explore different feelings and emotions.