

THE COVID HERTS COUNSELLING APPROACH

Counselling provides a safe, confidential and supportive environment for patients to work through their pain, confusion, or difficulties whether these be short term or longer term. It is about finding meaningful alternatives to present unsatisfactory ways of thinking, feeling and behaviour that are holding you back or causing you distress. It is about finding our own 'inner gold' our precious inner resources that can become mislaid or buried when we have had difficult past experiences or are going through a traumatic period.

AN INTEGRATIVE APPROACH:

COVID Herts Counselling uses a predominantly 'Person Centred / Humanistic approach, with the incorporation of other key modalities. This approach to counselling is described as 'Integrative'. That means that we are able to draw on and use a wide range of relevant theories and techniques within a structured model of counselling. The main theoretical approaches we work with are:

- Humanistic/Person-Centred
- Cognitive Behavioural Therapy (CBT) and
- Psychodynamic.

Within these areas there are a range of techniques and schools of thought that can be utilised and applied as appropriate. Every client story will be unique and no two therapy programmes will be the same.

Cognitive Behavioural work (often termed CBT) typically looks to better understand the origins of our negative thinking patterns and offer more positive alternatives that will improve our emotional well-being and behaviour.

In simple terms, **Psychodynamic** therapy looks to understand the influence and impact of our past experiences on the present. Some patients find looking at, understanding and healing their past invaluable, whereas for other patients it is more appropriate or preferable to work in the present.

COVID Herts Counselling are happy to work with patients in the way that they feel most comfortable with.

Our therapists, counsellors and psychotherapists always adapt the counselling and therapeutic techniques to the patients needs rather than fitting the patient to an 'off the shelf' approach. We rely on our past experiences and powerful intuition when working with patients