**Counselling (Talking) Therapy**

**What is Counselling Therapy?**

Counselling, also known as Talking Therapy, is a professional and confidential space where individuals can explore their thoughts, emotions, and challenges with a trained therapist. It provides support, guidance, and coping strategies to help people navigate personal difficulties, improve mental well-being, and develop healthier ways of thinking and feeling.

**How Does Counselling Therapy Work?**

Counselling is a collaborative process where a therapist listens without judgment and helps individuals gain insight into their problems. Through conversation, self-reflection, and therapeutic techniques, clients can better understand their emotions, recognise unhelpful patterns, and develop effective strategies for change. Counselling can be short-term, focusing on immediate concerns, or long-term for deeper emotional exploration and healing.



**Who Can Benefit from Counselling?**

Counselling is beneficial for anyone facing personal difficulties, including:  
✅ Anxiety, stress, and depression  
✅ Trauma, grief, or loss✅ Relationship and family issues  
✅ Low self-esteem or confidence  
✅ Life transitions and major decisions

It’s a supportive tool for those looking to improve their mental health, build resilience, and gain clarity in life.

**What to Expect in a Counselling Session**

A typical counselling session lasts around 50 minutes to an hour. Sessions take place in a safe, private environment, either face-to-face, online, or via telephone. The therapist provides a non-judgmental space where clients can openly discuss their thoughts and feelings. Depending on the therapy style, counselling may involve open discussions, structured exercises, or goal setting to help individuals move forward.

**Why Choose Counselling?**

Counselling offers:  
✨ A safe and confidential space to talk  
✨ Professional guidance from a trained therapist  
✨ Practical coping strategies for managing emotions  
✨ Improved self-awareness and emotional well-being

Whether you’re experiencing emotional distress, facing a life challenge, or simply want to talk things through, counselling can help you feel supported and empowered to make positive changes.