

HEALING CONNECTIONS

Your journey of **self discovery** starts here...

FAQs

What is the difference between counselling and psychotherapy?

Although there are undoubtedly many areas of overlap between the two, counselling is generally more short-term and focuses on addressing specific issues related to current life events than you may be experiencing. Psychotherapy, on the other hand, usually involves a more long-term commitment. It may entail working with unresolved issues from the past that are affecting the way you are living your life in the present or the focus may be on more existential issues related to your stage of life. Sometimes, after a client starts to open up in counselling, it becomes apparent that deeper issues are starting to surface and that it would be really beneficial for the client to engage in the more in-depth process of psychotherapy.

How do I choose a therapist?

The relationship is at the heart of counselling and psychotherapy, so it is essential that you choose a therapist that you can relate to and that you feel comfortable with their way of working. It is important to check that the therapist is registered with a professional association and works to a clear Code of Ethics.

Initially you may find it helpful to contact several therapists and arrange appointments with them to get a sense of what it would be like in therapy and decide whether the approach they use is going to be helpful for you. You may also find it useful to ask questions about the therapist's way of working, which can help you to make a more informed choice.

Will I become dependent upon the therapist?

Sometimes people may think that seeing a therapist is a sign of weakness and that they should be able to cope with difficulties on their own. Or, they may think that they can just talk to family members or friends. The relationship you develop with a therapist is of a very different kind as it is a collaborative relationship with both parties working together towards the unfolding of your potential.

The process can be quite challenging at times and is intended to empower you to take responsibility for your own life. Ultimately, it will support you in developing your inner strength and coping resources, which will lead to a greater sense of autonomy.

How will I know when it's time to end therapy?

When engaging in open-ended psychotherapy, regular reviews are an important part of the process. Reviewing your progress regularly enables you to evaluate how you are progressing and become clearer about when it may be an appropriate time to end therapy.

When you are considering ending your sessions, it is very important to talk this through with the therapist and come to some kind of mutual agreement.

In therapy, endings have real significance and a fundamental part of the therapeutic work will involve processing issues related to the ending. It is essential to allow an adequate timeframe to process your feelings about the experience and the ending of therapy and to reach an authentic sense of completion.



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