Individual counseling is a one-on-one discussion between the counselor and the client, who is the person seeking treatment. The two form an alliance, relationship or bond that enables trust and personal growth.

What are the 5 steps of individual Counselling?

**Stages of the counseling process:**

* Initial Disclosure- Relationship Building,
* In-depth Exploration - Problem Assessment.
* Commitment to action - Goal Setting.
* Step 1: Relationship Building.
* Step 2: Problem Assessment.
* Step 3: Goal Setting.
* Step 4: Counselling Intervention.
* Step 5: Evaluation, Termination.

Treatment Modalities

* [Mindfulness-Based Cognitive Therapy](https://www.psychologytoday.com/us/therapy-types/mindfulness-based-cognitive-therapy)
* [Motivational Interviewing](https://www.psychologytoday.com/us/therapy-types/motivational-interviewing)
* [Person-Centered Therapy](https://www.psychologytoday.com/us/therapy-types/person-centered-therapy)
* [Play Therapy](https://www.psychologytoday.com/us/therapy-types/play-therapy)
* [Trauma-Focused Cognitive Behavior Therapy](https://www.psychologytoday.com/us/therapy-types/trauma-focused-cognitive-behavior-therapy)
* Grief Therapy
* Art Therapy
* Cognitive Behavioral Therapy (CBT)
* [Motivational Interviewing](https://www.psychologytoday.com/us/therapy-types/motivational-interviewing)
* [Mindfulness-Based Cognitive Therapy](https://www.psychologytoday.com/us/therapy-types/mindfulness-based-cognitive-therapy)
* [Behavioral Activation](https://www.psychologytoday.com/us/therapy-types/behavioral-activation)
* [Dialectical Behavior Therapy](https://www.psychologytoday.com/us/therapy-types/dialectical-behavior-therapy)