

On being a client - understanding the process of counselling and psychotherapy

SAGE Publications - What's the Difference Between Counselling and Psychotherapy?



Description: -

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Psychotherapy.

Counseling.

Psychotherapist and patient.

Counselor and client. On being a client - understanding the process of counselling and psychotherapy

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Psychotherapy vs Counseling: Differences and Similarities

Some have even called it the most important common factor in successful outcomes.

KEY CONCEPTS OF COUNSELING WITH DIVERSE CLIENTS, Understanding Diverse Clients Through the Oppression Model

A psychologist can help you work through such problems.

Counselling and Psychotherapy

Government-sponsored health care programs are another potential source of mental health services. Though some clearly saw themselves as both, this survey, like the 2009 Census data did not explore the question of how respondents made the distinction between these two areas of activity. Journal of Family Therapy, 36, 158-195.

Counselling and Psychotherapy

Others may want help for a chronic illness that is interfering with their emotional or physical well-being.

Client Attitudes and Behaviors

Counselling usually builds relationships and refers to a brief treatment. The therapeutic process holds both majesty and mystery for its participants.

On Being a Client: Understanding the Process of Counselling and Psychotherapy

The ultimate aim of counselling is to enable them to make their own choices.

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