

What is Person Centred Counselling?

A person-centred counsellor is trained to create a meaningful therapeutic relationship with you, where you both as humans can connect to explore what would be helpful for you.

Below is a breakdown what **Person Centred Counselling** means:

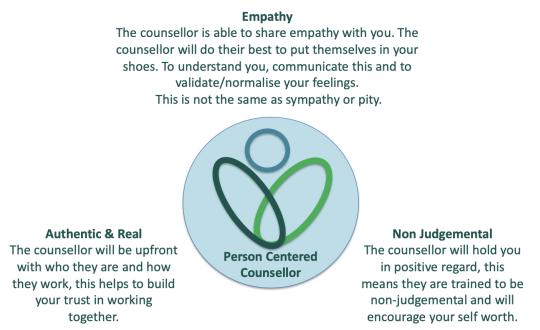
Person centred: sessions will be about you as a person and any experiences you feel may have shaped you as an individual. You as the person and your needs are at the centre of the counselling session.

Counselling is a form of talking therapy where you talk with a counsellor about what has been worrying or upsetting you.

Person centred counselling involves active listening which means the counsellor has been trained to listen and attend to what you are saying to them.

The counsellor will suit the counselling to you needs and will ask you what will be most useful to talk about, if you don't know they can help you decide where to start and support you in increasing your self awareness.

Person centred counselling includes a number of skills, some are explained below:



Being listened to, having your feelings normalised and being believed are all part of person-centred counselling. A counsellor may introduce other therapies into your person-centred counselling if they are able and trained to do so. This is called an 'integrative' approach.

Person centred counselling can be an empowering approach to help you feel better in yourself.

REGISTERED CHARITY NO. 1165574