

WHAT IS COUNSELLING AND PSYCHOTHERAPY?

HAVEN COUNSELLING AND PSYCHOTHERAPY

The overall aim of Haven Counselling and Psychotherapy is to provide an opportunity for the client to work towards living in a more satisfying and resourceful way. This includes working with individuals and groups of people and the objectives of the work will vary according to the client's needs.

Counselling & Psychotherapy may be concerned with developmental issues, developing personal insight and knowledge, working through feelings of inner conflict or improving relationships with others.

The role of Counselling & Psychotherapy is to facilitate the client's work in ways which respect the client's values, personal resources and capacity for self-determination. The aim is to empower clients and encourage them to take control of their lives.

Sessions take place on a weekly basis for one hour. The amount of sessions needed is determined by the client in conjunction with the Therapist. All sessions are strictly confidential.

The type of Counselling and Psychotherapy is Humanistic and Integrative.

Haven Psychotherapy and Counselling believes that persons are self-regulating, self - actualising and self - transcendent beings, responsible for themselves; and while recognising the tragic dimensions of human existence, it emphasis the ability of persons to be beyond themselves and realise their nature more fully.

Help for:

- Sexual Abuse
- Bereavement
- Depression
- Anxiety
- Panic Attacks
- Couples
- Self Esteem
- Motivation
- Stress
- Money Management
- Eating disorders

- Suicide thoughts or family by suicide
- domestic violence
- Post traumatic stress disorder
- Crisis management
- Anger management
- Drug and alcohol misuse
- Trauma
- Anger
- Voice Work
- Addiction - Sexual / Drugs / Alcohol / Gambling
- Bullying
- Music & Therapy
- Depression
- Advocacy
- Sexual Abuse - Rape / Abusive Behaviour
- Relationships
- Past Trauma
- Fostering / Adoption
- Cancer