

Nable Potential

Psychotherapy

Is it different to Counselling and what is it exactly?

Both counselling and psychotherapy are considered by people as talk therapies and therefore are often considered the same. However, this is not quite the case. Counselling can be considered a preferred route for someone who is in need of support with a current more immediate issue. Often therapists and clients find through their initial sessions that the difficulty needs psychotherapy, as it works at a deeper level exploring past and present. Psychotherapists use different methods, or modalities, to support different needs and therefore are more qualified and experienced to support this deeper exploration.

Is it safe?

Simply put, yes. Talking about and through your thoughts and feelings is something we all do with friends, partners and family but sometimes this is too difficult or people feel they need a third party who is nonjudgmental and there for them. Most clients come alone to a session of about 50 minutes but sometimes couples and family therapy is the best plan; all are possible.

Are there different types of Psychotherapy?

Several different types (or modalities) of psychotherapy are available. These include, but are not limited to:

- Psychodynamic (Psychoanalytic) Psychotherapy
- Cognitive Behavioural therapy (CBT) and Rational Emotive Behavioural Therapy (REBT)
- Cognitive Analytical Therapy (CAT)
- Interpersonal Psychotherapy (IPT)
- Humanistic Therapies
- Family and Couple (systemic) Therapy

What is it used to treat?

As with the types of psychotherapy to support clients, there are numerous areas of difficulty that can be supported. These are just some examples:

- Stress Management
- Bereavement
- Anxiety Disorders
- Eating Disorders
- Relationships support- Families, Couples and others
- Depression
- Post-Traumatic Stress Disorder (PTSD)
- Obsessive Compulsive Disorder (OCD)
- Borderline Personality Disorder (BPD)
- Long- term or life limiting illness



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How should I feel after a session?

➤➡➤ Some clients feel tired after a session as they may have off-loaded, discussed or tackled areas that they have found hard to talk about, examine or confront. This can also mean emotion and their body can find this very draining. Other clients do not feel anything specific after a session but can find, later in the day or the following day, they experience emotions as their session work beds-in or they have time to reflect.

Will it work after just one session?

➤➡➤ How many sessions a client may need in order to reach a solution is very individual but it would be unlikely that after just one session a client feels a difficulty is resolved. Most counsellors have six to ten sessions with clients and before the end of these, both parties discuss their thoughts on progress and the next steps.

What if... I don't like my Therapist?

➤➡➤ Do not worry! It is normal for all of us to 'warm' to some people and not to others. Your therapist wants you to feel you can be open and honest in order to get the most out of your therapy. If you feel you are not gelling with your them, do tell them and they will be able to recommend others to you, with professional understanding.

What if... I don't feel like I am making progress?

➤➡➤ This is a valid point. Sometimes this can be down to the reason you have sought support, for example if it is a complex topic or it has been a long-term difficulty. Whether you feel this is the case or not for you, do talk to your therapist who will help you understand what maybe going on and, with you, formulate a progress plan.

