

COUNSELING

Counseling is a working relationship in which you are helped to explore and manage what is happening in your life. **The overall aim of counseling is to provide an opportunity for you to work towards a more satisfying and enriching experience of life. Naturally, each person's needs are different.**

Counselors do not usually offer advice but aim to promote growth and helps you to:

- ♥ Express your feelings in a safe, supportive and nonjudgmental atmosphere.
- ♥ Explore and understand issues which are impacting negatively on your experience
- ♥ Develop greater self-awareness and understanding of your relationships
- ♥ Help you develop more effective coping strategies and life skills
- ♥ Help you work towards living in a more satisfying and resourceful way

Who Can Benefit From Counseling?

Counseling is available for everyone, regardless of cultural or religious background

Counselor's Role

The counselor's role is to facilitate your work in ways that respect your values, personal resources and capacity for choice within your cultural context. Counselors are independent, neutral and professional and respect our privacy. Your counselor treats all the information you share as confidential material.

Client's Role

Counseling requires hard work and patience. At times you may feel worse before you feel better. Do not get discouraged and give up. At times you may start feeling better and think everything is fine and stop therapy too soon. Always bring up any of these feelings to your therapist and discuss them together.

Be prepared to challenge yourself to grow and look at things in a different way. Understand that the therapist, while trained in this field, does not have all the answers. The answers, most often, are inside of you—the therapist just helps you look inside to find them in a way that feels safe and supportive.

The Counseling Process

The counseling process will depend on the individual counselor, the individual client and the specific issue. However, there is a general counseling process:

- ♥ Background information collection
- ♥ Identification of core issues
- ♥ Goal setting for the therapeutic process
- ♥ Implementation of intervention
- ♥ Evaluation of intervention
- ♥ Closure

Is counseling different from psychotherapy?

There is a great deal of overlap between these 'talking therapies' and the skills used are very similar. Counseling tends to focus on a specific life problem, while psychotherapy tends to deal with more deep-seated personal issues which may bring about really profound changes. Fortunately, the distinction between counseling and psychotherapy is not a matter of concern by anyone seeking help. Practitioners will be sure that the help they can offer is appropriate for the individual concerned.

Modern counseling and psychotherapy provide clients with a wide range of options for addressing many different kinds of psychological distress. Oikos Counseling uses **Sandplay Therapy**, **Play Therapy** and **Expressive Therapy** as psychotherapeutic techniques which have been widely applied to professional counseling fields in most developed countries.