

## 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 your 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:

### Empathy

The counsellor is able to share empathy with you. The counsellor will do their best to put themselves in your shoes. To understand you, communicate this and to validate/normalise your feelings.

This is not the same as sympathy or pity.



### Authentic & Real

The counsellor will be upfront with who they are and how they work, this helps to build your trust in working together.

### Non Judgemental

The counsellor will hold you in positive regard, this means they are trained to be non-judgemental and will encourage your self worth.

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.**