

## How do I know which counsellor to choose?

When you are seeking counselling it can be confusing because lots of us specialise in different 'approaches' or 'models' of counselling.

A counselling approach is based on the theory and technique a counsellor will use in your sessions to get a deeper understanding of you and what you are experiencing. A counsellor can be trained to use a specific approach or a range of different approaches to suit the individual.

I've outlined some of the common types of counselling approaches that you may come across when you are searching for a counsellor:

Psychodynamic Counselling

Person-centred and humanistic Counselling

Cognitive Behaviour Therapy (CBT)

Integrative Counselling

Check out the 'British Association of Counselling and Psychotherapy' website for details on a range of different counselling approaches - [Click Here](#)