

PERSONAL THERAPY

The route to recovery and wellbeing is one that includes many methods and approaches, each having its own merits and values. Counselling and psychotherapy are a minefield of alternative approaches; some schools of thought being opposite in nature, whilst others have only subtle differences. The research that has been done in this area clearly illustrates that whilst some therapeutic models may meet the needs of some individuals more effectively than others, the different techniques and strategies that are available are not the most crucial components in assisting the individual in addressing their problem. It is really the relationship that is established in therapy that dictates the final outcome.

Without establishing a relationship of trust, empathy, support, warmth, and sincerity the goal of recovery and well-being is very difficult to attain.

Our style and approach are very much centred on this notion, that the relationship is paramount in therapy and this philosophy flows through all aspects of our work. The schools we draw from and the methods we employ come from right across the counselling and psychotherapeutic spectrum because as the evidence bears out, no one model, strategy, technique or approach is superior to the other; each has value and importance. So, the real skill is in integrating the different ways of working and matching what is most useful and relevant to the individual's concerns.

Personal therapy is really about creating tailor made packages that correspond to the individual's needs, this is what we offer. After two or three sessions it is possible to assess what is likely to be effective in responding to what ever concern the individual has brought to therapy. From there a loose framework for addressing the central issues can be mapped out, and work on dismantling the difficulties can begin. This process in its detail will be different for each person because of their individuality and the nature of their problem, however the formula for achieving success is essentially the same for everyone, which is a) identifying and clarifying the problem, b) understanding why it exists and what sustains it, c) dismantling the machinery that causes the internal blockages, misuse of our energies and keeps us enslaved to faulty beliefs and ideas. And finally, d) establishing alternative ways of living one's life which replace the negative tendencies that have either prevented or hindered personal growth.

Working through this formula will vary from case to case so it would be false to give actual time scales for addressing personal problems. The only honest guidelines that can be given are very general ones, those accepted within the profession as fairly accurate are as follows: short term counselling is anything up to twelve sessions generally done at a rate of one per week. Medium term counselling which is the category most cases fall into is generally anything up to twelve or even eighteen months with sessions at weekly intervals. Long-term therapy is described as anything beyond twelve to eighteen months also at weekly intervals.

This sheet is designed to offer a small insight into how we work and to outline briefly what the process of therapy contains and how long it can take, it will undoubtedly raise other questions which can be dealt with in a face-to-face interaction, or over the phone, as it is impossible to address all the salient points in an A4 handout. We hope this has been of some help.