

Chapter Two

Approaches of counseling

The following list briefly describes common types of counselling. These can be used together or alone, depending on the treatment plan.

Individual counselling

Individual Counselling is a type where the client meets on a one-on-one basis with the counsellor. This type of counselling works well when problems come mainly from the client and the client's thinking patterns and behaviours. In addition, some problems are very personal and difficult to confront with others present. Some examples include grieving, anxiety disorders, depression and phobias.

Group Counselling

In group therapy, people join in a group and discuss their problems together. The session is guided by a counsellor. Members in the group often share the same problem, but not always. The group session provides a place where people can confide with others who understand their struggles. They also can learn how they see themselves and how they are seen by others. Members gain strength in knowing that they are not alone with their problems. Group therapy is useful for a variety of problems.