

# All About Counselling and Therapy

Starting counselling can be scary and confusing but can be worth it once you find the right fit for you!

## What is Counselling & Therapy?



Counselling is generally more **short-term** and focuses on finding solutions to overcome a specific issue.

Therapy is a more **long-term process** focused on treatment based on a diagnosis

Both are confidential and focuses on helping you deal with ongoing issues and change patterns to improve your life.

## Benefits of Counselling



- Helps with managing mental health issues.
  - Depression, Anxiety, OCD, etc.
- Can help improve relationships with:
  - Friends & family
  - Yourself
  - Romantic partner
- Develop skills to improve decision-making, coping mechanisms, & communication

## Individual or Group



### Individual:

- The pace of therapy can be tailored
- Can be more in-depth with your therapist

### Group:

- Feel supported through others sharing similar experiences
- Learn new perspectives and strategies through others

## Ask Questions

Finding the right therapist for you involves asking questions. Get to know your therapist to see if it's a match!

One Healing Space offers a free 20-minute meet and greet for first time clients.



One Healing Space

## REFERENCES

Better Health

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/counsellors>