

Counselling, Hypnotherapy & Psychotherapy: A Simple Guide

Understanding the various types of support can help you determine what feels right for you. Here's a brief overview of how these approaches differ.

Counselling

Counselling provides a safe and confidential space for you to explore your thoughts, feelings, and experiences. It focuses on your current life situation and helps you develop healthier coping strategies.

It is beneficial for addressing stress, anxiety, life changes, relationship challenges, and low mood.

Hypnotherapy

Hypnotherapy involves guided relaxation to access the subconscious mind, supporting behaviour change and reducing anxiety or phobias.

It is effective for habits, phobias, anxiety, sleep issues, and building confidence.

Psychotherapy

Psychotherapy examines deeper emotional and relational patterns that are often connected to past experiences. It facilitates long-term healing and personal growth.

It is beneficial for trauma, persistent difficulties, identity concerns, and attachment issues.

Which approach is right for you?

There is no single "best" option; it depends on your goals and what feels comfortable for you. Many people benefit from an **integrative approach**, which combines elements of counselling and psychotherapy in a way that is tailored to their individual needs.

If you are unsure where to begin, we can explore this together and find the approach that feels right for you.

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