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Basic counselling skills - SlideShare

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This NCFE Level 2 Certificate in Counselling Skills (RQF) course will equip you with the principles, values, and moral qualities needed to achieve and develop

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For the most accurate results, please enter a full postcode. If you are searching for an online/phone counsellor or therapist, you don't need to enter your location, however, we recommend choosing a counsellor or therapist near you, so that you have the choice to see them in person in the future

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Approaches to Counselling | SkillsYouNeed

Counselling is definitely worth considering when: you are feeling overwhelmed or depressed you need someone to listen to you and help you work out what's most important an issue or situation is seriously affecting your day-to-day life you can't make important decisions and are not sure what to do next.

Counselling Directory - Find a Counsellor Near You

Video Counselling. Secure Video sessions are like 'virtual' therapy, so you

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will be able to see and hear who you are speaking to, just as you would in a traditional face-to-face session. Online counselling requires a reasonable internet connection speed and access to a video and microphone.

Online Counselling Services ... - Positive Mind Works

Humanistic counselling recognises the uniqueness of every individual. It assumes that everyone has an innate capacity to grow emotionally and psychologically towards the goals of self-actualisation and personal fulfilment. Humanistic counsellors work with the

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belief that problems are not caused by life events themselves, but how we experience them.

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