

# Counselling



**ASSIGN  
BUSTER**

The purpose of counselling is to help the client work towards living in a more satisfying and resourceful way. It involves the counsellor being non-judgemental and supportive, in such a way that helps the client deal with emotional and psychological problems. 2. Four organisations that provide counselling are Relate, Childline, Samaritans and CRUSE.

3. 4. Counselling can help when minor trauma or major disasters occur, such as deaths within a family, stress, marriage, sexual violence, sexual abuse, negligence and many more. Clients can be helped online through 1-2-1 chat, by email, on the telephone, SMS text counselling, video counselling or in person. 5. Three types of counselling roles could be Depression, Anxiety and Stress counselling. Depression counselling includes the client feeling sad and tearful within the depressed mood, as well as having suicidal thoughts and other symptoms.

Anxiety counselling involves the client feeling insecure or afraid in situations to such a degree, that they develop an anxiety disorder. Some symptoms of this can include panic attacks or phobias. Stress counselling includes the client feeling irritable as well as tired, upset, having headaches and much more. 6. Pregnancy, divorce, death of a loved one, marriage, changing schools or being fired can all cause symptoms of stress. Pregnancy can cause people to feel anxious or scared in such a way because perhaps they are confused about what they want or worried about how they will cope. Divorce can leave people with low-self esteem and feeling hurt.

7. Remote contact counselling is counselling that is conducted away from face to face sessions. It can help people that live far away, or who cannot

face coming in. It is also more versatile as it can fit around the clients schedule. This can include, but is not limited to, online, telephone, video and SMS text counselling. Online counselling can involve having 1-2-1 chats with clients via chat rooms. Telephone counselling allows the client to have their session at home or where ever they require.

Video counselling involves the client and counsellor using a video link online. Finally, SMS text counselling can be used by any person with a mobile phone. 8. Online 1-2-1 counselling can be great as it is instantly accessible, as well as being more economical and versatile. However , often websites that offer 'free counselling' can not provide live chats, which can leave the client unsure of when they will get their answer. 9. 'Care of self' can be when the practitioner makes sure, that they are not working in such a way that would be detrimental to their health, or well-being.