
COUNSELLING



Counseling is a collaborative process between a trained counselor and an individual seeking support and guidance to address personal challenges, achieve personal growth, or navigate difficult life transitions. It provides a safe and confidential space for individuals to explore their thoughts, feelings, and behaviors, and to develop coping strategies and solutions to improve their overall well-being.

Counselors are trained professionals who use a variety of therapeutic techniques and approaches to help clients work through their concerns and achieve their goals. These may include cognitive-behavioral therapy (CBT), solution-focused therapy, mindfulness-based approaches, and more. The specific approach used depends on the client's needs, preferences, and circumstances.

BOOK
