

Treatment Approaches

Our counselling treatments utilise a range of methods. At Reflect-On, we've learned that the best treatments for working through emotional pains involve a combination of therapeutic modalities. We use the results of the psychological assessments to tailor the treatment to best meet your individual needs. Our individual therapy sessions are primarily solutions-focused, which means that you'll work through problems in your life and unearth solutions to help ease your burden.

What is Counselling

Counselling is a process for dealing with psychological problem through dialogue discussion and exploration. This form of therapy can take a number of forms (long or short term). The counsellor's role is to facilitate the client's to work in ways that respect the client's values, resources and capacity for self-determination.

What is Psychotherapy

Psychotherapy consists of a series of techniques for treating mental health, emotional and some psychiatric disorders. Psychotherapy helps the client understand what helps them feel positive or anxious, as well as accepting their strong and weak points. If people can identify their feelings and ways of thinking they become better at coping with difficult situations.

What is Cognitive Behavioural Therapy (CBT)

CBT is a form of therapy we use when we treat individuals with depression. CBT allows us to focus on negative ways of thinking and how they are impacting your behaviours. We'll challenge those negative thoughts so that you can replace them with more positive ways of viewing the world.

CBT has been shown to help with many different types of problems. These include: anxiety, depression, panic, phobias (including agoraphobia and social phobia), stress, bulimia, obsessive compulsive disorder, post-traumatic stress disorder, bipolar disorder and psychosis. CBT may also help if you have difficulties with anger, a low opinion of yourself or physical health problems, like pain or fatigue. ~ Royal College of Psychiatry ~

Psychodynamic Therapy

Psychodynamic involves the exploration of past events in relation to your current problematic feelings and behaviours, once these connections have been made, you can begin to make changes where needed.

Humanistic Psychology

Humanistic psychology is a value orientation that holds a hopeful, constructive view of human beings and of their substantial capacity to be self-determining. It is guided by a conviction that intentionality and ethical values are strong psychological forces, among the basic determinants of human behaviour. This conviction leads to an effort to enhance such distinctly human qualities as choice, creativity, the interaction of the body, mind and spirit, and the capacity to become more aware, free, responsible, life-affirming and trustworthy.

Humanistic psychology acknowledges that the mind is strongly influenced by determining forces in society and in the unconscious, and that some of these are negative and destructive. Humanistic psychology nevertheless emphasizes the independent dignity and worth of human beings and their conscious capacity to develop personal competence and self respect. This value orientation has led to the development of therapies to facilitate personal and interpersonal skills and to enhance the quality of life (AHP)

Person Centered Theory

The person-centred approach views the client as their own best authority on their own experience, and it views the client as being fully capable of fulfilling their own potential for growth. It recognises, however, that achieving potential requires favourable conditions and that under adverse conditions, individuals may well not grow and develop in the ways that they otherwise could. In particular, when individuals are denied acceptance and positive regard from others — or when that positive regard is made conditional upon the individual behaving in particular ways — they may begin to lose touch with what their own experience means for them, and their innate tendency to grow in a direction consistent with that meaning may be stifled.

Art Therapy

Art therapy is a form of psychotherapy that uses art media as its primary mode of expression and communication. Within this context, art is not used as diagnostic tool but as a medium to address emotional issues which may be confusing and distressing.

Life Coaching

Coaching is essentially about helping individuals to help themselves. The coach act as a positive catalyst for the coachee to learn and maximise their personal performance.