



FAQ - Counselling and Therapy

What is a Counselling?

Counselling is a process of where the client and counsellor work towards changing behaviours and set realistic goals. Counselling helps individuals to identify problems, gain an insight and explore ways to deal with the problems. Counselling can target individual issues, relationship issues, career development etc.

What is therapy?

Therapy is a collaborative relationship between the client and therapist. It helps the client to change their own attitudes, values, thoughts, accept themselves, overcome barriers and reach their goals. Therapy is used with people who have psychological disorders or severe distress.

Why does someone seek counselling & therapy?

When a person experiences distress and unable to function efficiently then he/she seeks counselling. Counselling is an effective way to gain more insight and work effectively through multiple stressors. It helps client explore ways of coping with difficult situations. It helps client to get to the root of their problem and change their patterns of thinking which cause distress.

Does the therapist prescribe medicines?

A counsellor is not authorised to prescribe any medications. However, if the client is extremely emotionally disturbed or showing any symptoms which cannot be dealt with counselling alone then the psychologist may refer that person to the psychiatrist. A psychiatrist can prescribe medications. Psychiatrist may similarly refer a client to a psychologist depending upon the nature of problem.

What is the duration of each session?

Generally, the session would take up to 45 minutes to 1 hour.

How many number of sessions are required to complete the therapy process?

Depending upon the nature of client's problem the therapy sessions are planned by the respective psychologist.