



# SEA SPIRIT COUNSELLING

5 Wesley Street STRAND 7140  
P O Box 1689 GORDON'S BAY 7151  
Tel: 060 5445 260 – Fax: 086 519 4223  
Email: [marius@mdrtrust.co.za](mailto:marius@mdrtrust.co.za) - [www.mdrtrust.co.za](http://www.mdrtrust.co.za)  
Counselling in Afrikaans or English



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## WHAT DOES COUNSELLING THERAPY ENTAILS

### Introduction

Counselling is a process to help and guide and equip a person to tackle their problems themselves. The counsellor is a catalyst and helps the client to initiate a change in their thoughts and approaches.

A qualified counsellor will *never* give advice or air his/her own views on a problem a client might have or offer solutions. The counsellor will teach/guide the client to accommodate or change the way they see life and more specific problems they experience in life.

A client can only develop when the client *understands* what is troubling him/her.

A qualified counsellor will always respect a client's background, income bracket and set of values. We are all unique and the counsellor will approach the client with this in mind.

Some people disparage psychosomatic illness, believing that people should 'pull themselves together'. This is not a solution. A solution can only develop when the client understands what is troubling them. (The pain, for instance, might have a physical cause, which is why a counsellor could also do referrals to a GP)

Counselling is, therefore, a scientific process

### The counselling process

Like in any science, there are different approaches and techniques in counselling. The approach this counselling practice follows is the cognitive behavioral counselling therapy. The Cognitive-Behavioral School of Counselling is an umbrella term for treatment procedures that aim to both alter maladaptive ways of thinking and reacting, and substitute unhelpful thoughts and behavior with more functional ones.

As the term implies, there's less focus on feelings and emotions in Cognitive-Behavioral Counselling. But this doesn't mean cognitive behavioral theorists view feelings as unimportant. It's assumed that with new ways of thinking and behaving come corresponding changes in emotional state. Thus a person with depression can feel less sadness and pessimism if their perception of life events is framed in more positive ways.

The first session is where the client and counsellor meets and establish a relationship of trust. The client's problem/s are identified and discussed and a program is worked out to start therapy. Most counselling programs entail 6 sessions or more. Each session duration is 1 hour.

The client will also have to work hard with the counsellor throughout the counselling process. In the process the counsellor could also give the client tasks to do at home.

Give Marius a call and start living a life free of stress, depression or acceptance of the loss of a beloved.