



GLASGOW ANXIETY & DEPRESSION  
COUNSELLING SERVICE

## **COUNSELLING**

### **What is Counselling?**

Counselling allows you to discuss problems and difficult feelings in a safe, confidential environment. Generally, counselling is a process people seek when they want to change something in their lives or simply explore their thoughts and feelings in more depth. The basic principles of counselling are:

- In counselling, you will be encouraged to talk about what's bothering you in order to uncover any root causes and identify your specific ways of thinking. The therapist will then create a plan of action to either help you reconcile your issues or help you find ways of coping.
- Counselling is tailored to you individually to improve your quality of life and help you address the concerns and problems you are facing.
- Common concerns, issues and problems that can be addressed within counselling include: eating disorders; depression; low mood; anxiety; relationship issues; addictions; bereavement; trauma; work-related issues; bullying; and much more.
- While your counsellor won't give you concrete advice or a checklist of things to do to feel better, they will help you uncover your own understanding of your problems and provide you with the tools which will help you to resolve them on your own.
- Counselling can be long-term or short-term and depends on the individual client and the problems addressed. We go at YOUR pace!
- Counselling is private and confidential. Your therapist/counsellor will explain confidentiality, cancellations, working agreements and so on with you at your initial Assessment Appointment.