

**A brief introduction into Person Centred Counselling**

Person centred counselling was developed by Carl Rogers in the 1930’s, his belief was that it is the client who knows what they need to talk about, what is causing them pain and what experiences need healing. This approach has a big focus on the relationship between client and counsellor. The theory suggests that clients will only feel able to reveal previously hidden parts of themselves, when they feel heard, accepted and cared for, this is what the counsellor is working to achieve.

Person centred Counselling is about providing a space in which you can be yourself in. You are free to use the non-judgemental space to talk about what you choose, at your own pace and in your own way. Clients have found it useful to let the sessions unfold naturally, as generally speaking, what needs to be explored will find its way to the surface.

 Interacting with a counsellor is very different to talking to friends and family. The space is for your exploration, your topic and your insights. I am not in any other part of your life, meaning I will only know what you want me to know about you. With no invested interest in what decisions you make about your life, you have no obligation to please me in any way.

 We live in a World of stress and pressure where generally those around us are quick to offer advice, rather than the space we can use to hear ourselves. Counselling is a space in which you are free to express yourself, as openly and honestly as you wish.