

What is psychotherapy and counselling?

Psychotherapy and counselling are both forms of talking therapy that provide a safe, confidential space to explore your thoughts, emotions, and behaviours with a trained professional.

What's the difference?

Counselling is typically short-term and supportive, helping you navigate your current circumstances in a non-judgmental environment. Psychotherapy, on the other hand, is a longer-term process that delves deeper into your experiences and personal history, empowering you to create meaningful and lasting change in your life.

How can therapy help?

Your therapist won't offer advice or opinions but will listen with understanding and empathy. Through this process, you'll develop tools to manage life's challenges more effectively and gain insight into your thoughts and emotions.

What to expect

Therapy sessions last 50 minutes and take place once a week. Depending on your needs, sessions can be held virtually, over the phone, or in our dedicated therapy room in Belmont. In certain cases, home visits may be arranged if mobility is a concern.

Your first session will be an assessment, where you and your therapist discuss your goals and establish a clear therapeutic agreement. This ensures you have a shared understanding of what you hope to achieve.

Why people seek therapy

- People come to therapy for many reasons, including:
- Managing anxiety or depression
- Coping with relationship or workplace stress
- Exploring past experiences and their impact
- Enhancing self-awareness and personal growth

Whatever your reason, therapy provides a supportive space for self-discovery and healing

**Reach out today by calling
Amanda on 0191 374 6570 or Amy on 0191 374 6562**

You can also write to us at wellbeing@ageukcountydurham.org.uk