

I think there needs a distinction made between the titles 'counsellor' and 'psychotherapist' are there important differences between the two disciplines. I trained as a counsellor initially and then later as a psychotherapist. My psychotherapy training required that I did considerably more in-depth awareness work and personal therapy. This training enabled me to support people to be with their experiences in a way that is transformative, thus producing longer lasting change.

Attachment theory has demonstrated that in our early relationships with our primary caregivers we establish patterns of relating that continue throughout our lives and influence how we respond to others and expect others to respond to us. Change is possible for those people who develop 'insecure attachment styles' that impact their adult relationship with themselves and others negatively in the following way:

When a critical mass of positive experiences occurs in the therapeutic relationship between client and therapist, by which I mean a person discovers that their psychotherapist is trustworthy and reliable over time, new neural pathways (neuroplasticity) are created in that person's brain. Then the way he/ she responds to others or expects others to respond to him/ her also changes.

In my work as a psychotherapist some clients come for short term symptom management and I do this work. Then if he/ she chooses and it is clinically indicated , we progress to longer term work , addressing underlying issues and reviewing the work periodically for effectiveness.

My initial training as a counsellor, though very useful for short term work, did not leave me equipped to address the more complex issues that some people bring. It was my later training as a psychotherapist that enabled me to undertake in-depth work when clinically indicated.

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