

When someone is distressed, they can seek therapy via their GP or other professional who can refer them to see a therapist. There are various titles/labels for a therapist (e.g. psychologist, counsellor, psychotherapist). All therapy involves the setting up of a relationship based on trust, warmth, genuineness in which the person talks about his/her problems.

Therapy should be reassuring and supportive and also result in, wherever possible, practical strategies and solutions to some/all of the problems presented. Typically, sessions vary in length (30 – 60 mins), and frequency (weekly, fortnightly, monthly or occasional).