



Differences between counselling and psychotherapy

Two of the most frequent questions we get asked - what is the difference between counselling and psychotherapy, and which do I need?

One way of thinking about the difference is that counselling is more about having someone walk alongside you during a difficult time. Sometimes this is all that's needed – someone who is able to empathise, listen and be present with you as you find your way – for instance, after a bereavement.

Other people experience challenges in life as a result of more deep-rooted issues and patterns of relating that can leave them with low self-esteem, shame or depression, for example. This is where a trained clinical psychotherapist can be more helpful in navigating those issues.

Counselling therefore tends to be over a shorter period of time and deals with less complex issues than psychotherapy.

There are also significant differences in level of skill and training for counsellors and psychotherapists. Psychotherapists train for longer at a post-graduate level, have an in-depth understanding and experience of a range of mental health diagnosis and have had their own personal therapy.

Both Mark Vahrmeyer and Sam Jahara are UKCP-registered psychotherapists, trained to work at depth with both individuals and couples.

If you are unsure about what you may need, get in touch with us and we will be pleased to refer you to the right clinician.