

## **What you can get out of counselling or psychotherapy**

There can be many reasons for thinking about therapy.

You may find yourself experiencing difficulties with important aspects of your life, with your partner, work, or family. You may be suffering depression or anxiety, a sense of emptiness or worthlessness, or a growing recognition that you're just not coping.

You may just feel that even though you can and do cope, you shouldn't always have to. You may feel, for example, that while your relationships with your work or partner or family are adequate, they're not fulfilling. You may even recognise patterns in the way these relationships don't work.

You may just be interested in finding out more about how you have been affected by your life in ways which influence your choices now; you may want to realise new aspects of yourself. You may find a way of learning about yourself, healing yourself, and enjoying yourself, all at the same time.

## **The importance of finding the right therapist**

Therapy and counselling work best if both the therapist and the person coming for therapy feel comfortable enough to build a relationship within the therapy which is mutually accepting and genuine on both sides. With a therapist committed to that goal, it is possible for the client to begin to imagine safety, to begin to imagine trust, to begin to imagine change.

Aswab is a counselling, psychotherapy and training practice, which has been based in Oxford, UK for the past eight years, and moved to Sheffield in 2002.

It was set up by experienced ex-counsellors, trained in psychotherapy at the Chiron centre, in London, to provide a humanistic, holistic-based practice.

Apart from individual and group work, Aswab offers training for counsellors in psychotherapy skills, training in assertiveness and race awareness, and various arts-related growth seminars.

## **Contact details**

**0845 456 3839**

**07985 977630 (Steve)**

**0798 4452525 (Rashida)**

**Email: [info@aswab.co.uk](mailto:info@aswab.co.uk)**

**Website: [www.aswab.co.uk](http://www.aswab.co.uk)**

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Psychotherapy  
Counselling  
Child Therapy  
Groupwork  
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Consultancy

**Private psychotherapy and short or long-term counselling in Nether Edge**

**[www.aswab.co.uk](http://www.aswab.co.uk)**

# What are the benefits of Counselling and Psychotherapy?

## Counselling

Counselling is generally shorter-term and solution-based, so it would often be the way to deal with an unexpected crisis or with a long-term problem which has suddenly become a crisis. In counselling we can look at how you relate either to your life as a whole, or to a particular problem, helping to explore alternative ways of dealing with the issues that come up.

A counselling agreement will normally be defined at the start of the counselling, and may run to between six and twelve weeks, with a one hour session each week.

All Aswab therapists are UKCP accredited and registered.

Details of our professional qualifications are available on



"We will provide therapy, personal growth work and professional skills training to individuals and organisations based on their needs and capabilities.

We will base our practice on a belief that emotional damage is a universal truth, that repetitive patterns continue and reinforce that damage, but that an instinctive move towards healing is also a universal truth."



Aswab is an Arabic word, meaning "more relevant, more fitting, more appropriate, more congruent".

[www.aswab.co.uk](http://www.aswab.co.uk)

## Psychotherapy

Psychotherapy would be more appropriate where you want to look at longer-term patterns of difficulty, and generally want to become more self-aware. Your relationship with your therapist is central: it will reflect the way you relate in your life outside the session, and enable you to start to understand and change your patterns if you want to.

We all approach the world from choices based on decisions made in early life. These were appropriate at the time, but now constrain our freedom in relationship and can damage our health. In psychotherapy client and therapist work at uncovering these early choices and, where appropriate, exploring new possibilities.

Psychotherapy is usually once a week (exceptionally twice) and sessions are for an hour.