

Person Centred Therapy

Person Centred Therapy is based on the belief that the client is the expert on their life and experiences.

The counsellor's role is not to fix the child's problems but to create a safe and non-judgmental environment in which they can explore their thoughts, emotions and experiences freely. The counsellor encourages the child to find solutions for themselves, as their self-confidence and self-awareness grows.

The therapeutic relationship
is essential in the Person Centred approach.

Unconditional Positive Regard (UPR)

The counsellor accepts and values the client for who they are, without judgment or criticism.

This creates an environment where the client feels safe to be their authentic self and to express their true thoughts and emotions.

Empathy

The counsellor seeks to understand the client's experiences from their perspective and communicates this understanding back to the client.

This process helps the client feel heard and validated, which can be a powerful catalyst for growth and healing.

Congruence

The counsellor is open, honest, genuine and authentic in their interactions with the client.

This helps build trust within the therapeutic relationship.

It can encourage the client to feel safe to be their authentic self and to share openly.

I view these 'core conditions' of UPR, Empathy and Congruence as being essential in my relationships with children and young people, whether or not our work together is entirely Person Centred or incorporates other approaches.

It can be particularly important for neurodivergent individuals to feel understood and validated, to be accepted and valued for who they are and to have autonomy over their own life.