**Q: What’s the difference between a Psychotherapist and a Counsellor?

A:** There is not a big difference, but a Counsellor helps you with shorter term issues that are affecting your day-to-day life, and a Psychotherapist looks at the issues more in depth and longer term, trying to assess the route causes and origins. A Psychotherapist has often undertaken more training than a counsellor.  **Q: How many different styles of therapy are there?

A:** There are many approaches to therapy, all of which will either be beneficial or not depending on who you are. There are solution focussed approaches such as CBT and DBT, and longer term analytical approaches such as Psychodynamic and Jungian.  **Q: Does a therapist need to be BACP Accredited? Does this indicate a higher standard of therapist?**

**A:** No. A therapist registered with any Professional Standards Authority accredited body (UKCP, BACP, NCS, HCPC, BPS chartered, BPC, BABPC) is fit and competent to practice as a therapist safely and ethically and has been trained to a high standard. A therapist who has completed BACP Accreditation has done an optional extra paid assessment.

**Q: How do I know my therapist is a good fit for me?**

**A:** An initial assessment is a good opportunity for you to get to know the therapist you will be working with and to see their approach and style. If you feel uncomfortable, strange, offended or upset by the session in any way, or like you do not feel it will benefit you much, this is usually a big indicator that the therapy is not a good match for you. It is always a good idea to “shop around” for therapists until you find one you feel you have a good rapport with and that you can build a relationship with.

**Q: Why is private therapy so expensive?**

**A**: Therapists must pay a certain amount of costs, e.g., professional registration, insurance, supervision, room hire. The price is often reflective of the costs the therapist needs to cover whilst still earning a living for themselves.

**Q: Does a therapist have their own therapy? Does it make them a better therapist if they do?**

**A:** All therapists have a supervisor who they seek professional guidance from. Some therapists have their own personal therapy as part of their training course, have had personal therapy in the past, or are currently seeking guidance from their own therapist. This does not necessarily make someone a more competent therapist and the amount of personal therapy a therapist has had is not an indicator of their level of expertise, however you may find it comforting to know your therapist has some lived experience.

**Q: What are my rights as a client?**
**A:** You have a right to request a copy of any data held about you from your therapist through GDPR laws, including any contracts you sign, case notes, personal details. You also have the right to request any personal information about you is destroyed. You have the right to complain about your therapist’s ethical practice through their professional body, you can ask the therapist for more details about this. A formal complaint is often only taken forward if there is sufficient and significant evidence of unethical or unprofessional behaviour. Complaints from a third party are often not considered.

**Q: Can a therapist provide a formal diagnosis?**

**A**: A **Clinical Psychologist** or **Psychiatrist** can provide a diagnosis, but not a Psychotherapist or Counsellor. They are not considered medical professionals.