

## Counselling

### Description

[Cognitive Behavioural Therapy](#)

[Compassion Focused Therapy](#)

[Clinical Hypnotherapy](#)

## Counselling

Counselling is a form of talking therapy that allows you to speak openly about your feelings. It can help you process any negative thoughts and work through problems you are struggling with. A counsellor is trained to provide you with a safe environment to express yourself, and will listen empathetically and without judgement.

Counselling is helpful if you need support coping with difficult life events including processing/resolving feelings of anxiety, shame, guilt, denial and anger.

A course of counselling will typically be around 6-15 sessions, however as everyone is different, more sessions may be required, in which case your therapist will discuss this with you and their clinical supervisor to determine the best way forward. Each session usually lasts around 50-60 minutes and is typically held on a weekly basis.

Counselling is available through Anxiety UK in person, via the telephone or online.

[Book therapy here](#)

## Hear how person-centred counselling can help with anxiety