

## Going Private: why chose a private counselling practitioner?

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There are more and more reports about counselling on the NHS being a frustration. Whilst there is no denial that the people within the NHS do a good job, it is also limited in its scope of therapies and potential. People are often forced to wait many months to then get prescribed a minimal amount of sessions with a time and modality chosen for them or if a difficult case it gets referred-on to another waiting list e.g. Mind being the most common, amongst others. This means NHS clients get given whatever counsellor is available or employed at the time (within location), and more commonly what the trainings local universities have decided to run, despite the requests of clients. This all means it is a system that is driven to push people towards exiting the services quickly, with or without what is available or possible – this unfortunately means a rhetoric of socially controlling the clients experience, when often this is the very reason for the need to attend counselling in the first place.

Going private means clients can make their own choices from a wider systemic grasp of counselling approaches that are actually on offer. This means more alternatives, possibilities, and shorter or no waiting times with less pressure to exist the system. Also, newer developments and advances beyond the traditional and limited ideas prescribed by NICE are offered by some counsellors. NICE basically prescribe to the medical model who then prescribes to clients. However, whilst going private does mean more choices than the decided pre-scripts and often offers more effective therapies, there is also a down side because clients also chose from their ideas of what will work and how therapists should be – this has to be useful information for counsellors. However, this flip side of the welcomed autonomy means clients often start with little knowledge and do not know what to expect in sessions because they themselves did not train for years to become a counsellor (often during a vulnerable point of life), thinking about counselling and how it would work for them – when ideally informed self-led decisions that may be outside of their usual systemic binds may be more appropriated for a persons well-being developments. i.e. therapeutically right and more appropriate and delivered at a pace that is respectful to their own system. While some therapists operate from an instructive control rhetoric of pre-set logical force (usually calling themselves experts and their clients patients) - others work from a value-based system that takes the wider contexts and wholesome experience into account (usually calling themselves humanistic). Processing outside the usual systemic binds can be revealing, useful and rewarding, this works from a position that no one can really be an expert on you because there is always unknown contexts and subsequently matters simply cannot be assumed proven or known (A position of professional non-expert expertise). This

said, the logical force approach can shunt the system towards new contexts in a useful (re-locating) manner especially if co-managed with the clients contextually.

This all means the process of choosing a counsellor comes with a warning sign because it can assist relational comforts, emotional comforts that collude with avoiding the issues that are often experienced as difficult or fragile by clients at the point of seeking therapeutic intervention. On this basis there is ethical reasons for choosing an “Accredited Counsellor”. This provides and denotes a measure of safety and, then, by giving the therapeutic process a fair chance can pay emotional dividends via the experiencing the therapeutic process. This offers a wider-scope of possibilities rather than the limits of mere reductionist and institutionalized parts of the therapeutic field.

Whilst counselling helps people become more comfortable with their experience it does not intend colluding with simply that, by avoiding clients emotion / issues – it allows for the whole human to be self-expressive and valued.

As a counsellor who has experienced counselling by many counsellors and also trained in many approaches; my general assumption and hope is that people would chose a counsellor who has invested in a wide-scope of means (both academic and experientially orientated practices), to have gained relational and emotional resilience, can use powerful approaches with a calm – gentle – compassionate manner or assert appropriately what is beneficial, someone who genuinely values humanistic approaches and can follow a wider scope of the client/s contextual needs, rather than mainly using an exclusively logically driven approach that has been pre-decided as superior, is skilled to help peoples reach wholesome well-being via knowing emotional territory, is willing to be honest about the judgements they make that have been informed by therapeutic trainings, academia, experiential practices and skills developments.

Furthermore, whilst psychotherapeutic approaches / counsellors / psychotherapists cannot not be exclusively “non- judgemental” the general hope is they will not become perceived as overly judgemental by clients. There are many types of therapies and more counsellor variations of these approaches than the therapies themselves. These practitioners, in the main, assist people through difficulties and issues with their ethically based scientific trainings that inform their judgements for the beneficence of their clients.

Going private gives people more choice and allows for fresh new ways to see more and be more than what has been pre-decided and locked down rigid, as the way for you. Going private provides new opportunities to find ways that can work where whatever had been pre-decided, done, or not worked. Together this all could make the awaited difference for emerging possibilities that exist outside of a limiting system. Going private can make use of both tried and tested with up and coming developments at the forefront of a system of systems that works for human well-being and personal developments. The problem is that it is largely excluded to the relatively well and most confident, people that can afford to make most use of what available. Going private provides both the traditional and postmodern perspectives but it can be difficult for clients to choose or know what is most

appropriated, especially when feelings are heightened if at a vulnerable point in life. It seems the only way to find out what works is by metaphorically reading the book, so to speak, albeit after the cover.

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*My experience tells me I am a private practitioner with a wide-scope of experience, trainings, experiential practices and skills that is also connected to academia. I have engaged in the most recent developments that are arriving within the UK, to deliver cutting edge therapies for both individuals and couples. This is all for effectively assisting people towards wholesome healing and well-being.*

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**Another View for you to review**

**<https://www.counselling-directory.org.uk/counsellor-articles/its-really-easy-to-pick-a-therapist-true-or-false>**