

# Approach to counselling

- Counselling is an agreed support of individuals, groups or organizations within a defined context. The main purpose of the counselling process is the self-determined, autonomous thinking, feeling and acting of an individual, or the functional development of an organization.
- Counselling offers professional support in decision making and change processes, where issues concerning seeking meaning, coping with crises, solving conflicts, dealing with emotions, thoughts and perceptions are concerned as well as in promoting awareness and interpersonal abilities.
- Counselling provides a service whose purpose is defined by a clear agreement. The fields of activity of counselling are diverse: the main emphases are people, task and context focused.

