

RACHEL SPRUNT

counselling & wellbeing



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What even is person-centred counselling?

If you've ever found yourself googling types of therapy and wondering "*What even is person-centred counselling?*" you're not alone. The term sounds simple, but it can feel a bit vague until you've experienced it. So, let's break it down, gently and honestly.

It's about you, not fixing you

Person-centred counselling is based on the belief that you are the expert on your own life. That might feel unfamiliar at first, especially if you're used to being told what to do or how to feel. In this approach, the goal isn't to diagnose, label, or fix you. The goal is to create a safe, non-judgemental space where you can explore what's going on for you, at your pace and in your way.

There's no agenda. No worksheets. No step-by-step manual. Instead, it's a space where you get to be fully yourself, even if you're still figuring out who that is.

You're not given advice, you're listened to

In person-centred counselling, I'm not here to give you advice or tell you what choices to make. I'm here to really *listen*, not just to your words, but to your silences, your feelings and the meaning beneath it all.

It's through this kind of deep listening, empathy and acceptance that change begins to happen. Not because you were told to change, but because you *feel* safe enough to.

It's a relationship, not a transaction

This approach believes that healing happens through the *relationship* we build together. You'll be met with warmth, honesty and respect, not

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analysis or critique. That relationship is the foundation that allows you to explore painful things, reconnect with your values and grow into who you already are beneath the coping strategies and self-doubt.

Why person-centred? Because life is complex, and so are you

Life isn't one-size-fits-all. Neither is therapy. Person-centred counselling honours that your experiences, identity, and emotions are unique and valuable. It meets you where you are, whether you're navigating grief, anxiety, trauma, relationships, identity, or just a sense that something's "off."

So... what even is person-centred counselling?

It's a space where you're trusted, not judged.

Where you're supported, not pushed.

Where you're treated as a person and not a problem.

If that sounds like something you need right now, I'm here when you're ready.

Rachel .