

## Can Clarity help you?

Assess your own needs for therapy by completing this simple questionnaire. Try not to spend too much time on each statement and be honest with yourself. The questions cover what you think about yourself, how you feel and your behaviours. Completing the questions will help you to decide if a personal assessment of your needs would be beneficial. If you answer 'yes' to more than half, or if any individual statement raises concern for you, an assessment with a Clarity therapist may help. For the full version of this questionnaire, please visit our website [www.clarityinsight.co.uk](http://www.clarityinsight.co.uk)



	Y	N
In general, people have not met my emotional needs, supported me or shown I am special to them.	<input type="radio"/>	<input type="radio"/>
I sometimes worry that people I care about will leave, abandon or take advantage of me.	<input type="radio"/>	<input type="radio"/>
I can be suspicious of other people's motives and have difficulty trusting them.	<input type="radio"/>	<input type="radio"/>
I often feel different from others, isolated and alone.	<input type="radio"/>	<input type="radio"/>
Most other people I know are more capable and intelligent or achieve more than I do.	<input type="radio"/>	<input type="radio"/>
I sometimes feel as though something bad, unpleasant or difficult is about to happen.	<input type="radio"/>	<input type="radio"/>
I worry about pleasing other people because they might criticise, reject or leave me.	<input type="radio"/>	<input type="radio"/>
I often put the needs of others before my own or I feel bad.	<input type="radio"/>	<input type="radio"/>
I must meet all my responsibilities and be the best at most of what I do.	<input type="radio"/>	<input type="radio"/>
Almost nothing I do is quite good enough; I can always do better.	<input type="radio"/>	<input type="radio"/>
It is important for me to be liked by almost everyone I know.	<input type="radio"/>	<input type="radio"/>
I just can't seem to get going some days.	<input type="radio"/>	<input type="radio"/>
I tend to over react to situations or get upset easily.	<input type="radio"/>	<input type="radio"/>
I sometimes find myself in situations that make me so anxious I feel I need to leave or get away.	<input type="radio"/>	<input type="radio"/>
I find it hard to sleep, relax or wind down.	<input type="radio"/>	<input type="radio"/>
I feel I often lack energy and enthusiasm.	<input type="radio"/>	<input type="radio"/>
I feel that I can't cope when things go wrong.	<input type="radio"/>	<input type="radio"/>
I have felt hopeless or in despair at times.	<input type="radio"/>	<input type="radio"/>
I often avoid doing things or making decisions in case I get them wrong.	<input type="radio"/>	<input type="radio"/>
I often do things to avoid criticism or to gain approval from others.	<input type="radio"/>	<input type="radio"/>



### Our Business Mission and Values

**"To help our client's effect and maintain lasting change by gaining the understanding and strength needed to deal with issues and achieve meaningful objectives in life"**

- Client:**  
Clients come first: their interests will be at the centre of all our activities
- Individual:**  
We will treat everyone as an individual, offering them dignity and respect
- Excellence:**  
We will constantly strive for excellent performance in all that we do
- Teamwork:**  
We will work collaboratively, enthusiastically and supportively as a team
- Integrity:**  
We will be open, honest, and transparent in all our dealings with one another
- Good Citizens:**  
We will always work with the benefits of our community in mind



## THE CLARITY GUIDE TO Counselling & Psychotherapy



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## Clarity Counselling

Counselling is designed to give you an opportunity, in a **safe, supportive** and **confidential environment**, the space and freedom to **explore, understand** and **clarify** all types of emotional or life issues.

Clarity's counsellors are highly trained and experienced. They will give you time to be heard in an accepting and non-judgemental way. The relationship developed is based on trust and safety, which will enable you to:

- gain a sense of personal control or 'empowerment'
- have a greater self understanding and clarity
- live in a more satisfying and resourceful way
- have a greater sense of wellbeing

And to maintain these life changes over the long term.

### **Counselling differs from Psychotherapy in three key ways:**

1. Counselling may be more appropriate for support in times of immediate need, such as:
  - bereavement, grief & loss
  - relationship issues
  - life adjustment problems, such as poor health
  - mild to moderate stress, worry or mood problems
  - work and family issues
  - helping you to gain problem solving skills in life
2. Counselling is generally shorter term and focuses on personal support, symptom relief and problem solving.
3. Counselling is not usually as beneficial as Psychotherapy for longer term severe or enduring psychological problems. Psychotherapy goes beyond counselling to address and deal with deeper needs.

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### **At Clarity, our philosophy for counselling has three key elements:**

- personal support is provided through the working relationship
- development support is given through helpful information and ideas
- problem solving support is provided by building your personal skills, through knowledge, strategies and coping techniques

Clarity's counsellors provide personal, individual support, helpful information and the skills to enable you to gain the insight, awareness and strength needed to deal more effectively with your personal issues.

## Clarity Psychotherapy

### **At Clarity, we believe that psychotherapy differs from counselling in several important ways:**

- the type of problems that psychotherapy works well with are usually much deeper and have been experienced for extended periods, for example long term anxiety or depression
- treatment is quite different. The initial assessment process is very thorough and can itself be very insightful and helpful. The relationship with the therapist is also more involving and dynamic
- duration of therapy can be longer term, usually in excess of three months. For example, at Clarity we specialise in a more in-depth, longer term treatment called **Schema Focused Therapy (SFT)**, which is extremely effective for dealing with the underlying causes of symptoms or issues
- a key difference is that psychotherapy objectives and outcomes address and focus on the causes and meanings of problems, not just the surface symptoms

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## Cognitive Behavioural Therapy

Cognitive Behavioural Therapy (CBT) is proven to be effective for treating a wide range of emotional disorders and mental health conditions including depression and anxiety. The Department of Health require that the NHS deliver evidence-based treatments and the National Institute for Health and Clinical Excellence (NICE) consistently recommends CBT as the most effective approach in all its guidelines for treatment of emotional disorders.

### **What kind of problems does CBT work best for?**

- mood problems, such as depression, worry, anxiety, panic attacks, phobias, anger, low self-esteem and personality disorders
- CBT also works well for problems in daily life, such as personal relationship issues, rejection, criticism, putting things off and the fear of failure
- CBT can be used short term to deal with common emotional issues or in longer term psychotherapy for deeper issues, and is adaptable to both

Clarity runs regular training courses on **Cognitive Behavioural Therapy (CBT)**.

For more information, please contact Clarity or visit our website at [www.clarityinsight.co.uk](http://www.clarityinsight.co.uk)

For an immediate, confidential assessment, or to request more information about how you might equip yourself with the insight and strategies needed to make significant changes in your life or work, contact us at [clearerthinking@clarityinsight.co.uk](mailto:clearerthinking@clarityinsight.co.uk) or call **01242 224120**

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