

## Pros

**A great choice if you want to:**

- Improve your self-awareness and self-confidence
- Develop coping skills to deal with stressful situations
- Understand your needs and responses

## Cons

**May not be the right fit if you're:**

- Looking for a more traditional, structured form of therapy
- Looking for treatment for a specific issue (i.e. panic attacks)
- You're interested in a less-intensive or online form of therapy

## Alternatives

- Cognitive Behavioural Therapy
- Person-Centered Therapy
- Existential Therapy

# Gestalt Counselling

**Ian Pickup**



## **Gestalt Counselling:**

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