

Counselling or Psychotherapy - Similarities and Differences

Psychotherapy	Counselling
Focuses on recurring patterns or chronic “lived experience” issues or challenges.	Focus is usually short-term, working with present or current “life experience” issues and challenges.
Applied treatment generally guided by specialist psychotherapeutic modalities and protocols.	Treatment more likely to be individually tailored to suit with a focus on developing new practical tools and strategies.
Treatment is more likely to be theoretically informed such as CBT, or Jungian therapy.	Less likely to be theory-driven.
Types of psychotherapy can involve talking, cognitive behavior, art, drama, music, symbolic and movement techniques.	Involves talk therapy.
Therapy may focus on a person’s entrenched and long-held patterns of thought, feeling and behaviour.	Therapy may focus only on specific behaviors or situations.
Therapy may be long term and can take place over many years.	Therapy more likely to have a short term focus.
A qualified trained professional delivers the therapy.	A qualified trained professional usually delivers counselling, although people, such as volunteers or pastoral counselors, may also offer counseling.
Therapy may focus on a psychological disorder or problem with psychological functioning.	Therapy deals with functioning individuals who are experiencing difficulties in their current situation.
Therapy may use lived experience and feelings as the basis.	Therapy may focus on behaviors and actions.
Therapy may focus on personal growth from an in-depth focus on core issues.	Therapy may focus on support, guidance, and problem-solving for current issues.