

Life Transitions

Under this category fall those issues that represent a significant - and emotionally painful - situation in our lives. The loss of a loved one or of our job, dealing with a serious illness, the so-called "midlife crisis", a divorce and anything that can disrupt our life as we know it, can cause us increased anxiety and feelings of depression and so we may feel we are losing the balance we once had, until the traumatic event.

Considering that even changes that are usually seen as positive (e.g. the birth of a child, starting a new job, moving to a new home etc.) could be experienced as traumatic events which may be accompanied by high levels of stress, then one can imagine that an undesirable change may have a significant impact on our everyday life.

Often, these events become the motive to visit a mental health professional. In these cases the role of counselling and psychotherapy is not only to provide psychological support but to also help the client to effectively manage the new facts of their life. Personal exploration within a therapeutic environment can provide the client with a clearer picture of their needs and the changes they want to make in order to regain their lost balance. Ultimately the client will be helped to change the things they are able to change and to accept the things that cannot be changed.