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Counselling and Psychotherapy: Is There Any Difference?

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ABSTRACT

Counselling and psychotherapy are two fields that are often viewed to be the same and used interchangeably. The different definitions on both counselling and psychotherapy are evidences to this fact Efforts will be made in this paper to highlight the different definitions, show the differences and similarities between the two. Examine briefly the various types and approaches of counselling and psychotherapy and their historical background