



QUAL CONSULTANCY

Counselling & Psychotherapy

Why QUAL ? The QUAL difference

QUAL is short for qualitative - the quality of something rather than the quantity.

A qualitative difference relates to change of some sort, such as greater self awareness and understanding.

Change is one of counselling's aims, be it a change of attitude, behaviour, feelings, perspective or whatever.

Q is for...

Quest - to seek something out, Quandary- a dilemma resolved, Quiddity- discovering the essence of something.

U is for...

Understanding you, Unburdening yourself, Useful learning.

A is for...

Amelliorate - to become better, Accomplish - to succeed, Autonomy - freedom of choice/direction.

L is for...

Listening to you, Leaving the past behind and Lasting change.