

Why Become a Therapist?

There are a number of reasons for embarking on training, which might include:

- Counselling or psychotherapy training offers the possibility of extending existing skills or work. This may apply in the case of social workers, teachers, nurses, or mental health workers, for example.
- The training offers the possibility of career change – perhaps the chance to do something completely different, something that is viewed as ‘worthwhile’. Over the years I have met people who have opted for counselling or psychotherapy as a change from careers as various as legal worker, lorry driver, dress maker, human resource manager and beautician
- A positive (or negative) experience of having been a client of counselling or psychotherapy can often act as a motivator for training.

Some useful questions to ask yourself:

- 1 Does counselling or psychotherapy training fit into your existing set of skills or employment?
- 2 If not, are counselling and psychotherapy skills likely to enhance your work? If so, how?
- 3 Have you ever been a client for counselling or psychotherapy? If so, was this a positive experience (and what was particularly helpful)?
- 4 Have you ever thought of seeking counselling or psychotherapy for yourself but decided against it? If so, why?
- 5 Is there a danger that you are considering counselling or psychotherapy training instead of actually going to receive counselling or psychotherapy yourself?
- 6 Do you know what counselling and psychotherapy is? Have you done some research to find out more?
- 7 Are you at a point in your life where you want or need a change in direction? Have you thought that being a counsellor or psychotherapist would be ‘worthwhile’?
- 8 Have you looked into the career prospects for counsellors and psychotherapists?
- 9 Do you understand the different types of counselling and psychotherapy and have you thought about the ones that might interest you most?

Reflect on the answers you have written down to help further consider your personal and professional motivations for undertaking training.