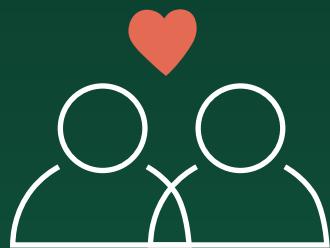


# Types of Counselor-Client Relationship



## *Individual counseling*

focuses on helping individuals overcome challenges to their mental health and well-being.



## *Couples counseling*

focuses on overcoming conflict and building a stronger relationship between romantic partners.



## *Family counseling*

focuses on the social dynamics between multiple family members, including the assessment of each member's effect on the family structure.



## *Group counseling*

engages multiple unrelated individuals in working together to overcome challenges that are common to all of them.

