



Counselling
& Psychology
Relations

(PTY) LTD 2018/437274/07
VAT NO: 9614314186



COMPANY

PROFILE

What is CJ CPR all about?

CJ CPR is providing professional counselling services to companies on and off site and to individuals.

CJ CPR is founded by Juan-Pierre Bianchina.

Juan-Pierre Bianchina has 5 years of training and experience in counselling/psychology.

Juan-Pierre Bianchina is registered with the council for counsellors of South Africa CCSA
Reg No: IR10133.

Directors of **CJ CPR** -

Juan-Pierre Bianchina &
Christiaan Denicker Wiid

Our clients are -

- Workforce Health Care
- Trauma Call
- Kaelo Consulting
- Healthi Choices

CJ CPR Services:

HIV **Counselling**

Basic **Counselling**

Basic **Psychology**

Anger **Management**

Trauma **Counselling**

CBT Therapy **Counselling**

Coaching and **Counselling**

Counselling in the work place

Depression and burn out **Counselling**

What is Counselling?

Counselling falls under the umbrella term 'talking therapies' and allows people to discuss their problems and any difficult feelings they encounter in a safe, confidential environment. The term can mean different things to different people, but in general it is a process people seek when they want to change something in their lives or simply explore their thoughts and feelings in more depth.

A counsellor is not there to sit you down and tell you what to do - instead they will encourage you to talk about what's bothering you to uncover any root causes and identify your specific ways of thinking. The counsellor may then look to create a plan of action to either help you reconcile your issues or help you to find ways of coping.

Counselling does not come in a cookie-cutter format and each session is generally tailored to the individual. There is flexibility within this type of therapy that allows for a variety of counselling formats, including:

Face-to-face - This is when you make an appointment with a counsellor to see them in person, usually at their practice. Face-to-face sessions are one of the more popular therapy formats because they provide an opportunity for you to react to any emotions that arise there and then.

Individual or group - You may choose to see a counsellor by yourself, or if you prefer you could join a counselling group with people experiencing similar issues. Going to a group counselling session can be helpful if you want to discuss your issues with people who are going through similar problems and you may even gain yourself a support network. Alternatively, you may wish to see a counsellor alone to preserve your privacy and concentrate on your own feelings.

Telephone counselling - For some, telephone counselling offers a helpful alternative to face-to-face counselling. This involves talking to your counsellor over the phone instead of in person. This form of counselling can be particularly useful for those too busy to attend face-to-face sessions, and can be carried out in the comfort of your own home. This format also tends to be more flexible and can potentially reduce waiting list times.

What Counselling can help with?

Counselling can be useful for anyone who wants to explore the way they're thinking or feeling further, as well as anyone experiencing a problem or issue they are keen to resolve. People may choose to speak to a counsellor because they feel they cannot speak to their other half/friends/family about such personal issues, or they may simply wish to speak to a professional with an objective viewpoint.

Common subjects that can be addressed within counselling include the following:

Addictions

Wherever there is a physical addiction to a substance or activity - there is likely to be a psychological addiction too. Counselling aims to relieve the psychological addiction by exploring the root cause while helping to develop new ways of thinking.

Bereavement

Losing a loved one is a difficult event in anyone's life. The loss can bring up a wide range of emotions including guilt and anger. Some people benefit from speaking openly to a counsellor about their feelings to help ease the process and resolve any remaining issues they may have.

Bullying

Being the victim of any form of abuse, whether it's verbal or physical can lead to issues that may affect you all your life. Counselling can offer victims the chance to seek help from authorities (if appropriate) as well as addressing the psychological repercussions in a safe environment.

What Counselling can help with? (Continued)

Illness

Suffering from a long-term illness such as cancer or dementia can turn anyone's world upside down. Counselling can help sufferers come to terms with their illness while offering emotional support and coping mechanisms.

Mental health issues

Suffering from a mental health issue such as schizophrenia or depression can feel incredibly isolating. Counselling looks to discuss the feelings that arise in conjunction with these kinds of mental health issues as well as overcome any personal challenges or frustrations.

Relationships

Covering all types of relationships, counselling can be used to discuss issues within families, friendships and couples. Problems could involve anything from a poor relationship with a parent through to an abusive relationship.

Trauma

Whether you've been involved in an accident or you have been the victim of abuse, the psychological impact of trauma can last years after the event itself. In a counselling session trauma victims are encouraged to explore their feelings regarding the incident and consider how these could be resolved or changed.

Other

Feelings of stress, anxiety and low self-esteem are becoming all too common today. Counselling can offer practical advice for overcoming these kinds of issues as well as allowing you the space to vent your frustrations and feelings.

How Effective is Workplace Counselling?

Providing psychological therapy for stressed employees can have many beneficial effects. Counselling in the workplace can help reduce symptoms of anxiety and depression, improve mental health, lower levels of sickness and increase job satisfaction and commitment. It provides an effective method of understanding the pressure caused by occupational stress and offers a supportive remedy.



When is Counselling Needed Most?

Mental health issues at work affects more than the person under stress. Managers may be able to identify employees who may not be performing as effectively as they once were. This could be because of increased workload or other productivity-related issues in the workplace, but could just as easily be caused by unhealthy relationships with other colleagues. Whatever the cause, stress, anxiety and pressure will continue to impact on staff and efficiency, until it results in illness, depression and a decrease in job satisfaction. Offering formal counselling sessions to stressed employees will help them feel valued, and will enable the individual to identify the cause of their problems and issues. Counselling can help increase staff morale, boost confidence and self-esteem, improve productivity and efficiency and create a more relaxed working environment.

Does Workplace Counselling Work?

A counsellor can provide a supportive service to clients, in the workplace, and alleviate symptoms of stress and anxiety. Besides the pressure and stress caused by a huge workload and increased responsibilities, employees may also experience additional personal stress in the workplace. This could come in the form of conflicts, bullying and undermining, unsuitable work conditions or bad relationships with colleagues.

Counselling in the workplace can take place in person or by telephone, and provides a facilitating service. It opens communication between staff and employers, and encourages frank discussion. Counselling also enables the worker to identify what can and cannot be changed, and to explore alternative solutions.

Counselling Skills Training for Staff:

Although counselling in the workplace provides an important means of resolving problems and difficulties, in a confidential and supportive manner, providing Counselling Skills Training in a work environment will help employees and staff overcome many everyday pressures.

Counselling Skills Training can provide managers, supervisors and staff with:

- Improved listening skills.
- Improved communications skills and effective language patterns.
- The ability to defuse anger and frustration.
- The ability to identify limitations, and to work with others at resolving difficulties.
- The skills and knowledge to minimize stress in the workplace.

Effective Package Benefit:

1. 48 Counselling sessions per year per employee in any event.
2. 48 Counselling sessions per year for any family member of the employee at no extra cost.
3. After hours sessions included valued of R666-00 per hour at no extra cost.
4. Emergency sessions included valued of R832-00 per hour at no extra cost.
5. Cost effective to companies.

CONTACT US

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