

Name: _____

Counselling and the positive impact on mental health

W C E F Q B X G A J Y V Y L Y P E
M B H Q I B R K N H I I S E Q U H
A C P D P V L Z T I E E M Y J M C
R O F U I L C A A S N E C W W F O
E C M Q O G P W M S N O W J K W U
C F K Z W M I N Q T A X S J E B N
L Y A L E B J Y A L M Y P A O J S
W X Z S F O I L S V H G O C E H E
X T A Z H N H G D Z N G S X O R L
L F I D K E C E Z I N Q I X Z L L
S V O M A Y T I K I B G T O D U I
R W R L E A C L G N W M I S M I N
K X T O D C A A B J M E V X M I G
G H J I I T N J G N I N E T S I L
O J L J K A R E M O T I O N S Z S
P A J P M K C O N G R U E N C E N
V N P E R S O N C E N T E R E D D

person centered
congruence
listening
positive
safe

mental health
reasoning
emotions
empathy
time

counselling
validated
managing
talking