

Counselling—face to face

Identifying and definitional attributes

Metadata item type: Glossary Item

METEOR identifier: 721748

Registration status:

- [Health](#), Standard 16/01/2020

Definition: Counselling services operate through a range of mediums including face-to-face, telephone and online. This service type is intended only for services providing face-to-face counselling.

Counselling services provide a structured process that is concerned with addressing and resolving specific problems, making decisions, working through feelings and inner conflicts, or improving relationships with others (BAC 1986). Counselling facilitates personal growth, development, self-understanding and the adoption of constructive life practices.

The counselling process will depend on the individual counsellor, the individual client and the specific issue.

Context: Mental health non-government organisation establishments service type taxonomy.

Collection and usage attributes

Guide for use: *Distinguishing features:*

- Delivered face-to-face
- Primarily centre-based
- Includes individual, family and group counselling

Inclusions:

- Talking therapies
- Grief counselling
- Relationship counselling

Exclusions:

- Counselling delivered in the context of other service types, e.g. Personalised support, carer support programs

Source and reference attributes

Submitting organisation: Australian Institute of Health and Welfare

Relational attributes

Related metadata references: Supersedes [Counselling—face to face](#)

- [Health](#), Superseded 16/01/2020

Metadata items which use this glossary item: [Mental health non-government organisation payments cluster](#)

- [Health](#), Standard 16/01/2020