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.