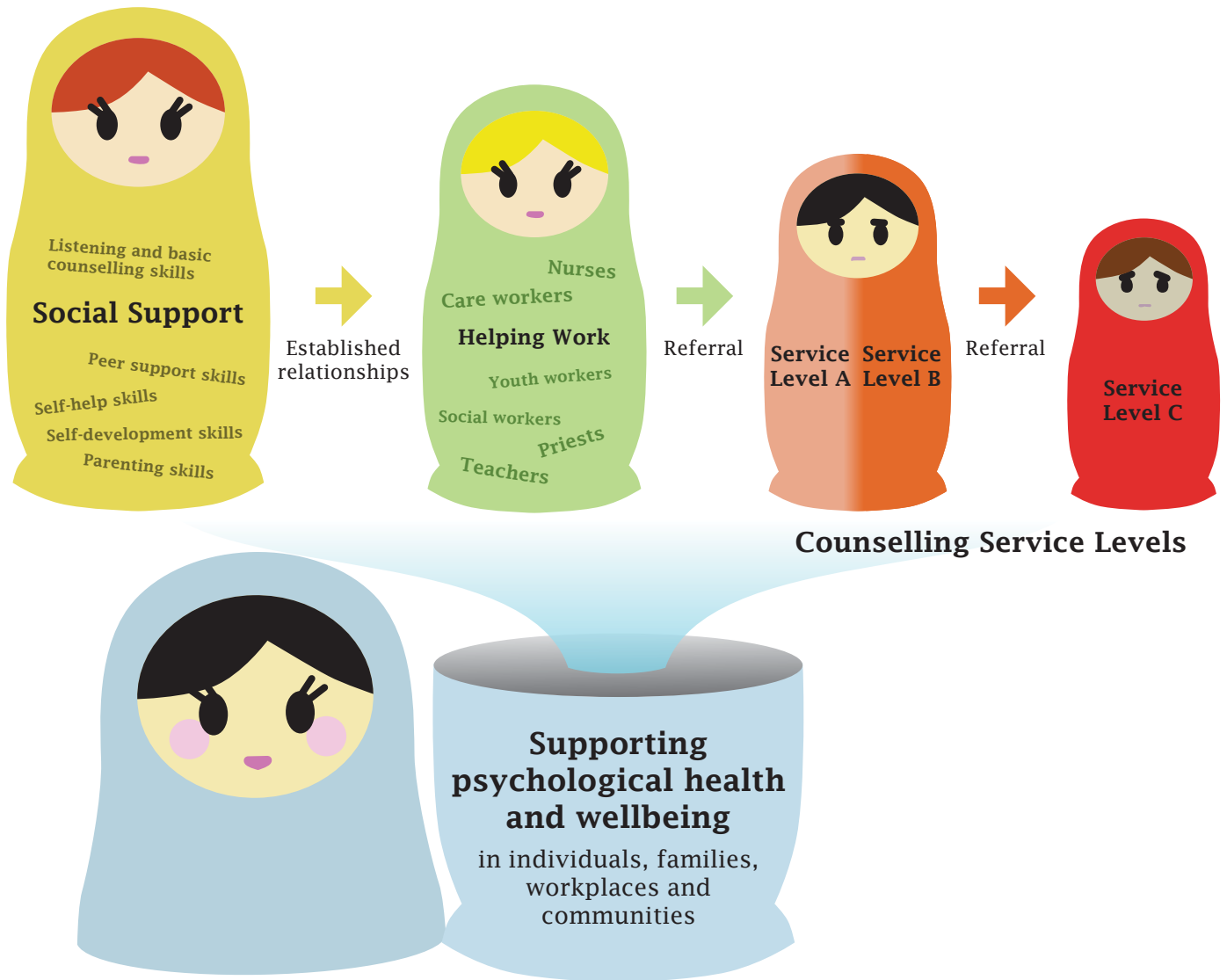


The CPCAB Counselling Care Continuum

Please note this diagram is currently a draft version

Our vision is of a society that supports and enhances psychological health and well-being through social networks, the helping professions and counselling services. We view psychological difficulty and distress on a continuum within which *no person is depersonalised*.



Social Support

Skillful support for coping with life's challenges through established networks of friends, family, colleagues, etc.

Helping Work

Informal professional support for relationship difficulties, life stage challenges and personal identity issues.

Service Level A

Formal, in-depth support for relationship difficulties, life stage challenges and personal identity issues.

Service Level B

Working with psychological difficulties and common mental health problems by changing relational, developmental and intrapersonal aspects of the self.

Service Level C

Working with the full range of psychological difficulties by changing relational, developmental and intrapersonal aspects of the self's *foundations*.