

Counsellor Vs Therapist VS Psychologist, Youth Counselling Singapore

Though it might be over, the memories linger and continue to express itself through anxiety, depression, stress, anger and/or low self-esteem. It hurts your relationship with yourself and your relationship with others.

Our Principal Counsellor Rose Faquir is a survivor of interpersonal trauma who ventured into counselling after overcoming a series of setbacks which affected her confidence and sense of dignity. She was eventually restored through her faith journey, counselling and positive social support.

Clinical Supervision

Clinical supervision is essential for every counsellor, and counselling interns regardless of the setting of your practice. It is a process that enhances growth and clinical skills while building a strong relationship between a supervisor and a supervisee.

Counselling & Psychotherapy

At Restoring Peace, we offer counselling and psychotherapy services for you to process your issues in a safe and comfortable environment. We focused on providing counselling for issues of trauma, anxiety, addictions, depression, grief, and phobia. We provide counselling services for individuals, couple and family.



Group Therapy or Support Group

We offer group sessions for people with similar experiences to process their issues and to provide support to one another in a safe environment. As a result, of the shared experiences, group participants gain new experience, new support, and quite often new friendship. A trained counsellor will facilitate the sessions.



Benefits of Counselling

Benefits of Counselling Counselling is a collaborative and confidential relationship between a professional counsellor and the client. Through counselling, you will experience a greater degree of self-awareness and a better understanding of yourself and your relationship with others.

Exploring your thoughts with a professional counsellor helps you to sort them out properly. Exploring your emotion helps you to feel less overwhelmed by the issues you are facing. Exploring intrusive memories helps you to eventually overcome them and feel mentally stronger.

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