**Psychological Counselling Sessions (also known as therapy, psychotherapy sessions, psychological therapy, etc) are focused on meeting the psychological needs of clients. This is done through sit-down sessions with the individual/couple/family etc where different aspects of his/her/their life, present/past experiences, interactions, relationships, fears, weaknesses, strengths and/or emotional well-being etc is discussed as would be done in a conventional psychologist session. The difference between psychologist sessions and counselling by counsellor is that a Counsellor (not registered @ hpcsa; mainstreams medicines council) works more holistically, meaning that not only do we eg explore the emotional/psyche side of life, but also (spiritual wellness), psychological wellness as well as body (physical wellness); Traditionally Speaking: The total person. This is because a non conventional counsellor’s scope of practice is much wider than that of a HPCSA Registered psychologist / counsellor working in the conventional/orthodox paradigm of Western biomedical mental health.**