

Special Issue

Psychotherapy and Counselling: Promoting Wellness and Recovery

Message from the Guest Editors

In recent years, research has increasingly focused on the promotion of psychological well-being across various populations and settings, shifting the emphasis from the reduction of psychological distress to the enhancement of individual resources. Both counselling and psychotherapy are crucial tools for this purpose. This Special Issue aims to highlight how counselling and psychotherapy can serve as tools to promote psychological well-being. Rather than focusing exclusively on symptom reduction, we are interested in how psychological interventions can promote optimal functioning, self-efficacy and personal growth. In this Special Issue, original research articles and reviews are welcome. Research areas may include (but are not limited to) the following:

- Systematic reviews and meta-analyses of counselling and psychotherapeutic interventions aimed at promoting psychological well-being.
- Cross-sectional studies exploring cultural adaptations of interventions in diverse populations and contexts.
- Experimental studies investigating the impact of counselling and psychotherapy.

We look forward to receiving your contributions.

Guest Editors

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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