# **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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## Deadline for manuscript submissions

1 April 2026



# **Healthcare**

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## **About the Journal**

## Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special

We would be pleased to welcome you as one of our authors.

## Editor-in-Chief

issues.

Prof. Dr. Lorraine S. Evangelista

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## Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).

