

## Confidence/Ego-Strengthening

Therapy Type	Client Statements	Candidate Characteristics
<b>Solution-Focused Therapy (SFT)</b>	<ul style="list-style-type: none"> <li>- "I want to build on moments when I've felt confident."</li> <li>- "What small wins can I focus on to feel better?"</li> </ul>	<ul style="list-style-type: none"> <li>- Motivated by replicating past successes.</li> <li>- Goal-oriented and action-driven.</li> </ul>
<b>Ericksonian Therapy</b>	<ul style="list-style-type: none"> <li>- "I feel like I need to see myself differently."</li> <li>- "Confidence feels like something out of reach—I need a new perspective."</li> </ul>	<ul style="list-style-type: none"> <li>- Open to metaphor and subconscious reframing of self-perception.</li> </ul>
<b>Regression Therapy</b>	<ul style="list-style-type: none"> <li>- "I've never felt confident—I think it started in my childhood."</li> <li>- "It feels like past experiences shaped my self-esteem."</li> </ul>	<ul style="list-style-type: none"> <li>- Links low confidence to past experiences or beliefs.</li> </ul>
<b>Cognitive Behavioural Hypnotherapy (CBH)</b>	<ul style="list-style-type: none"> <li>- "I need to retrain my mind to focus on my strengths."</li> <li>- "I keep thinking negative thoughts about myself—I need to stop."</li> </ul>	<ul style="list-style-type: none"> <li>- Self-aware of negative thought patterns.</li> <li>- Open to cognitive restructuring and hypnosis for confidence-building.</li> </ul>