



# Autonomy-Centred and Process-Centred Practice

National Counselling Society (NCS) Chief Executive Meg Moss explains the differences between autonomy-centred and process-centred practice this way: **process-centred practice** is based on the medical model, while **autonomy-centred practice** is based on an organic/holistic model. The two terms – ‘process-centred’ and ‘autonomy-centred’ – were used by the NCS in its [response to the strategic review by the Professional Standards Authority \(PSA\) of the Accredited Registers Programme](#).

Meg describes the two terms as follows:

<b>Autonomy-centred practice</b>	<b>Process-centred practice</b>
<ul style="list-style-type: none"><li>• Takes a phenomenological approach</li><li>• Views each person as an individual</li><li>• Sees the therapeutic relationship as key</li><li>• Offers autonomy for both parties</li><li>• Supports creativity</li><li>• Is not measurable</li><li>• Provides flexibility</li><li>• Offers a space for wellbeing</li><li>• Centres on equality and diversity</li><li>• Considers the impact of society on wellbeing</li><li>• Is a vocation</li></ul>	<ul style="list-style-type: none"><li>• Focuses on symptoms</li><li>• Aims to ‘diagnose’ and ‘cure’</li><li>• Looks to stop a specific thing happening</li><li>• Draws up a treatment plan</li><li>• Involves box-ticking</li><li>• Takes a set approach to dealing with a particular problem, offering a standard solution</li><li>• Is more able to be measured</li><li>• Is a profession</li></ul>