
Frequently Asked Questions

Why do I want to talk to a counsellor?

People access therapy for various reasons. Usually it's due to a general feeling of being overwhelmed and being unable to cope with daily life. It may be that you are struggling to understand why you feel this way and a counsellor can help with this. There are many reasons a person can feel like they need help, a few of them are:

- Anxiety/Panic
- Depression
- Experienced trauma
- Bereavement/Grief

Should I be ashamed that I need this type of help?

Absolutely not! If you were to break a bone, you would seek medical help to fix it without feeling ashamed. Mental health is just as important as physical health, but the reason people may feel this it is something to be ashamed of is because it's not visible to the eye or due to the stigma within society. When things get to us, it has a psychological effect on our minds which affects the way we feel and the way we behave. A counsellor helps you to work through this and understand it, the same way a doctor would treat a physical illness.

What should I be looking for?

There are many types of counsellors available and its important you find the right fit for you. Some counsellors offer a free consultation so you can get to know a little about them and the type of help that they offer. Don't be afraid to ask a potential counsellor any questions you may have about the way they work as some have specialist areas they work with and have more experience in that area. For example, some may have worked longer with domestic violence/and or sexual abuse, some may have worked more with children, or adolescents. Some may have additional training in various methods of therapy that can help with many different issues. Never be afraid to ask these questions beforehand, a good counsellor will be happy to answer these questions because they will want the best for you.

What happens in a therapy session? Do I lie on a couch and be analysed?

No, there is no couch to lie on (unless you want to lie down that is). Counselling has come a long way since those days. Counselling is a lot more collaborative than is thought by society.

Counselling is either done online so you are in the comfort of your own home and have the counsellor on live video or its done face to face in a counselling room. If you choose a face to face session, usually you visit the counsellor's office or therapy room and counsellor and client sit across from each other so you can see

each other for clear communication. The first session typically starts with an introduction and going through a “counselling contract”. This will involve things such as rules surrounding confidentiality, what happens in an emergency, ethical boundaries, cancellation policies etc. Then the client tells the counsellor why they feel they need help. In some sessions the counsellor may have a plan for the session (depending on previously raised issues and if it is required) and some sessions may be completely led by the client. This is your counselling session, so you choose how you want this to work, don’t be afraid to tell the counsellor if you feel certain things aren’t working. This is why its collaborative, so you can work together.

How long does counselling last?

This depends completely on you and the issues you need help with. A counsellor may review around session 6, however you may not need 6 sessions. You may only need 2 or 3 or you may need 20. This is your decision and how well you feel it is working. For more complex issues, healing can take longer, and more sessions are required. Sometimes healing can take a while when the trauma is deep rooted.

How often are the sessions?

Again, this depends on you. Weekly sessions are preferable for most people, however, don’t feel like you have to do this. You can have fortnightly or monthly if you prefer.

I can’t afford the fee being charged, are there any concessions?

If you are a student or in receipt of benefits, I will be happy to discuss a concession with you. If you still find you are struggling, there are various charities (local and national) that offer free counselling. They do sometimes have a lengthy wait list though. I will be happy to help you find one locally to you if needed.