

MAX OUT YOUR COUNSELLING JOURNEY

My goal as a counsellor is to ensure that you receive what you need from your time with me. Some people need a safe space to explore their experiences and feelings. Others have specific challenges they want to overcome. Everyone is unique in their counselling journey.

The following tips will help you prepare for the best possible counselling experience.

GET CLEAR AND FOCUSED

- ❖ **Know what you want out of counselling.** And then prioritize your goals so we can focus our attention. I will offer you a choice of approaches, so please let me know what resonates as most helpful for you. We can always change it up as we move forward.
- ❖ **Be ready to work in sessions, and between sessions.** New ways of thinking and acting require practice in order to become our new normal. Doing exercises between sessions can add a lot to the counselling experience, and I am happy to provide you with homework activities and resources that fit your goals and style of learning.
- ❖ **Focus on changing yourself, not other people.** This is a tricky balance for most of us. We need to explore how other people have impacted your well-being. And then we need to determine what you can control and manage in your own life today, so that you aren't left feeling helpless or at the mercy of others. *Note: If you are in serious danger from another person, I can help you to make a safety plan.*
- ❖ **Keep a healing journal.** Journaling can be a valuable part of counselling. Want specific journaling exercises or art therapy projects? Just ask! I have lots of resources.

TELL ME YOUR TRUTH

- ❖ **Talk to me honestly about your time, energy, and money.** Counselling is an investment in yourself, and it can happen in stages over a person's life. Knowing what you want, and what you can commit to now, will influence my approach to helping you.

Low income or disability? I am committed to accessible counselling so please communicate your needs to me. I may not be able to meet every need, but I will do my best to offer what I can in terms of sliding scale, accommodations, and referrals.
- ❖ **Tell me what is, and isn't, working for you in your sessions.** I want to know where you are experiencing success, and also if we need to change our approach. If there is something you want to experience in counselling, and it hasn't happened yet, speak up.
- ❖ **Bring up the big issues early in a session.** We need to give time to things that really matter in your life. Don't wait until the end of the session to open up a topic that needs time to explore, unless you are wanting to introduce it as a topic for the next session.

Got a great tip for this list? Please share so I can add it!