

## Tips for approaching counselling

1. Give some thought to your needs, wants, and expectations about the session. You might like to think about:
  - any fears or hopes for what counselling might achieve
  - past successes or challenges with counselling

You might also consider:

- key information you want to tell the counsellor
- issues about which you feel anxious, stuck, or overwhelmed
- things that may or may not have helped in the past

It might help to write something things down.

2. Feel free to talk openly. Openness and honesty build the understanding that will help the counsellor to help you find solutions. You won't be judged; non-judgement is a fundamental principle of counselling, as is confidentiality.
3. Counselling is not about giving advice. Solutions often take time and effort. Be prepared to be patient, to work on yourself, and, with help, develop the skills to live authentically and without fear.

## Challenges you might encounter

1. Counselling can be confronting; you may find yourself feeling emotional or uncomfortable. Allow yourself some time after the session to gather your thoughts. As you reflect on the session, it might be useful to write things down to remind you to talk about them at future sessions.
2. Counselling is very personal. Be careful of how and to whom you share the experience. Outside attention or opinion can result in undue pressure and confusion.
3. Connection with your therapist is critical. If you don't feel we're the right fit, it's important to say so. We value and respect your feedback and will help you find an alternative service.