



PREPPING FOR YOUR COUNSELLING SESSIONS



What should I ask my counselor?

When first meeting your counselor hearing their accomplishments and experiences may help you settle and feel more comfortable during counseling sessions as they will address your safety and security. It may be helpful to set personal boundaries about subjects you may prefer not to talk about at first to ease into sessions as well as inquire about the frequency of counseling sessions. By the end of your first meeting with your counselor, you should feel comfortable proceeding with specific concerns, thoughts, and feelings regarding your mental health issues.

Can I avoid certain topics during counseling?

While avoiding harder topics may seem impossible during counseling, you can certainly reject diving into topics you are not comfortable with. However, this may limit the effectiveness of your counseling sessions as well as your recovery from mental health struggles. While you may prefer to avoid topics at times remember that counseling is your safe space to discuss the most troubling aspects of your life. In fact, addressing these harder issues may lead to profound breakthroughs that can be utilized to benefit your mental well-being, just remember to follow the pace that feels most right and comfortable to you.



What should I do if I want to talk about more than one issues?

When attending counseling sessions, you may feel inclined to seek support for more than one issue at once. All of your concerning issues should be communicated to your counsellor so that a plan can be made to address issues. Furthermore, it is quite possible that the issues correlate to each other or have underlying concerns that need to be addressed. Your counselor can help you create a plan to prioritize the more detrimental issues first. This prioritization will be notably based on factors that address your well-being such as the amount of impact on your life and your preparedness to face such issues. However, this does not mean that all of your problems will not be addressed. If you feel that certain issues are not being addressed satisfactorily, make sure to communicate with your counsellor and let them know of your concerns.

Is counseling effective if I cannot connect with my counselor?

Counseling generally will not be as effective as it can be if there isn't a connection or understanding between you and your counselor. However, by opening about your possible dissatisfactions, your counselor can better engage you and tailor sessions to your needs. Additionally, it is okay to keep your counselor options open. Do not be discouraged if you are unsatisfied with one counsellor, you should instead seek out someone that you feel understands you.



How do I open myself up to counselors?

To open up to counselors you must first make sure you feel comfortable with your counselor as a person before discussing harsh issues. It is perfectly normal to take some time to get adjusted to the idea of sharing your worries with someone whom you don't personally know. Understand that honesty and vulnerability are okay and encouraged by your counselor. Counselors are trained professionals with your best intentions in mind, they want you to succeed and recover from mental health hardships. Whatever topics or revelations you come to during sessions are completely confidential, so do not hesitate to talk truthfully and openly with your counsellor.

