



# Nable Potential

## Counselling

### What is it?

➡➡➡ Counselling is often referred to as talk therapy. A counsellor will not offer you their opinions or advice nor can they prescribe medication. Trained counsellors' give you the time and space to talk, they listen and guide you to your own solutions in the area that you need.

### Is it safe?

➡➡➡ Simply put, yes. Talking about and through your thoughts and feelings is something we all do with friends, partners and family but sometimes this is too difficult or people feel they need a third party who is nonjudgmental and there for them. Most clients come alone to a session of about 50 minutes but sometimes couples and family therapy is the best plan; all are possible.

### What is it used to treat?

➡➡➡ Counselling can be extremely effective in, but is not limited to, an understanding of:

- Stress management
- Anxiety- as a whole or in specific areas
- Thoughts,
- feelings and emotions in general or specific situations
- Relationship,difficulties- individuals with others, couples, families etc
- A person's childhood
- Events in someone's life- past or present

### How should I feel after a session?

➡➡➡ Some clients feel tired after a session as they may have off-loaded, discussed or tackled areas that they have found hard to talk about, examine or confront. This can also mean emotion and their body can find this very draining. Other clients do not feel anything specific after a session but can find, later in the day or the following day, they experience emotions as their session work beds-in or they have time to reflect.





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## Will it work after just one session?

➡➡➡ How many sessions a client may need in order to reach a solution is very individual but it would be unlikely that after just one session a client feels a difficulty is resolved. Most counsellors have six to ten sessions with clients and before the end of these, both parties discuss their thoughts on progress and the next steps.

## What if... I don't like my counsellor?

➡➡➡ Do not worry! It is normal for all of us to 'warm' to some people and not to others. Your therapist wants you to feel you can be open and honest in order to get the most out of counselling. If you feel you are not gelling with your counsellor do tell them and they will be able to recommend others to you, with professional understanding.

## What if... I don't feel like I am making progress?

➡➡➡ This is a valid point. Sometimes this can be down to the reason you have sought counselling support, for example if it is a complex topic or it has been a long-term difficulty. Whether you feel this is the case or not for you, do talk to your counsellor who will help you understand what maybe going on and, with you, formulate a progress plan.

