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LIFE COACHING & COUNSELLING

What to Expect: COUNSELLING

Anxious about meeting with a counsellor because you don't know what it's like?

While every counsellor will have their own framework and theories, in general, they are there to be a safe space for you to talk about anything you need to.

Therapy is a place of no judgment. Asking your therapist "what's wrong" with you is asking them to judge your behaviour: this is contrary to counselling skills and training.

Not sure what to talk about? Perhaps some of the following statements will resonate with you:

I feel like such a mess. There's no point in trying. It's like I can't do anything.

I'm so isolated, but I can't seem to change it.

I feel like I'm failing my kids.

I'm so overwhelmed - deciding what to talk about is impossible.

I'm struggling with a lot of shame (e.g. over my choices, for not being independent, for my relationship)

It feels like I'm not living life for myself.

Counsellors help you by **providing information, skills, and resources**. They do **NOT** solve problems for you or give you advice. **Your journey is yours.**



What to Expect: COUNSELLING

Many people report that it takes two sessions before they start feeling comfortable with their therapist. This absolutely makes sense!

A first session is often information gathering. Your therapist may ask you a lot of questions in order to support you properly:

What was it like growing up?

Have you seen a counsellor before?

Tell me more about your physical health?

What do you do, day-to-day?

Honesty is important. If you are interpreting what your therapist says, tell them!

“When you said xyz, what I hear is yzx, is that accurate?”



CHOOSING A COUNSELLOR

Picking the right counsellor for you is a very personal thing. You should feel comfortable with them, in order for you to explore what you need to.

Every counsellor has their own way of doing therapy. Some use DBT or CBT. Some focus on talk therapy.

If you're "not feeling it" after a couple of visits, it is **ABSOLUTELY OKAY** to choose a new counsellor.

Learn more about selecting a counsellor and different types of therapies here:

[verywellmind.com](https://www.verywellmind.com)