

What Happens In Counselling?

What to expect from your first session

**HOW WILL MY COUNSELLOR
WORK WITH ME?**

WHAT WILL I BE ASKED?

ARE MY SESSIONS PRIVATE?

**DO I NEED TO TELL ANYONE I'M
COMING TO COUNSELLING?**

**WHAT IF I DECIDE
COUNSELLING ISN'T FOR ME?**



Coming to counselling for the first time can be a daunting experience. You might be wondering how going to talk to someone can help and what might happen during your sessions. It's okay to feel nervous or unsure about seeing a counsellor - a lot of people do. We hope that this guide will answer some of the questions you might have about coming to counselling and how it works. If you have any other questions at any time, your counsellor will be happy to talk through them with you.

Your counsellor is here to work with you. Your sessions are a safe space for you to talk about anything you want or need to. During your sessions, your counsellor might ask you questions to help you think about things in a different way or to gain another perspective, or to get further understanding about your point of view and your feelings.

WHAT WILL I BE ASKED?

During your first session your counsellor will ask to complete a questionnaire with you to get a better understanding of how you are feeling at the moment. They may also ask you what made you decide to come to counselling and if you have any thoughts on how counselling could be useful to you.

ARE MY SESSIONS PRIVATE?

What you talk about in your session is confidential between you and your counsellor. Your counsellor will explain to you the special circumstances that mean what you've said may have to be shared with others.

If there's something that you'd like your counsellor to share with your parent/carer, your school or someone else, this is something that they can help you with. What you've talked about won't be shared without your permission.

DO I NEED TO TELL ANYONE I'M COMING TO COUNSELLING?

If you are under 13, you will need permission from a parent/carer to attend counselling. If you are over 13, you don't need permission from a parent/carer. Your school or college don't need to know you're coming to counselling, except in circumstances where your safety comes first. Your counsellor can answer any questions you might have.

WHAT IF I DECIDE COUNSELLING ISN'T FOR ME?

It's okay if you feel your sessions aren't working for you. We can work with you to try a different counsellor or a different type of counselling. If you decide you don't wish to continue, we will be here for you in the future if you decide you'd like try counselling again at another time.

YOUR COUNSELLOR WILL:

- ✓ Listen to you
- ✓ Help you to better understand your thoughts, feelings and behaviour
- ✓ Help you to understand how to make more helpful, healthy choices
- ✓ Suggest ways to help you make more helpful, healthy decisions

YOUR COUNSELLOR WON'T:

- ✗ Judge you
- ✗ Tell you that your thoughts, feelings and behaviour are wrong or bad
- ✗ Tell you what you should or shouldn't do or what to talk about
- ✗ Tell you the 'right' way to do things