



# What to expect from Counselling

## Overview

Welcome to a quick guide to provide information on counselling and to help you navigate through the type of support you're receiving. We understand that reaching out for help is not easy, so congratulate yourself for doing so. We hope this guide eases your mind and answers any questions you may have.

## What is Counselling

Counselling is a collaborative experience, and your therapist can help you understand process your thoughts and feelings around past or present events. Examples of some of the issues that counselling can help you with are: loss, adjustment, difficulties with self or others, bereavement, low mood and anxiety.

## Expectations

We will help you understand and process your difficulties (both past and present) and at times provide tools and strategies to help you manage various life stressors. Patients can expect to be treated with respect and support at TrentPTS, all we ask is for the same in return. For instance, if you are unable to attend a session, please let us know as soon as possible so we can reschedule you. Furthermore, patients are expected to be actively working on therapy goals outside of treatment sessions, whether through reflection or reading material set by the therapist.

## Sessions: Assessment and Treatment

- Both types of sessions last between 50 minutes-1 hour
- They can be face-to-face, on the phone or over a Teams video call
- We offer brief therapy and we review the process as we go along



When attending the first session, it's helpful to arrive with an idea for what you want to get out of counselling and what you want to work on. Counselling has an experiential flow compared to a structured session; each session will vary from client to client and it will all depend on what you bring to the table and what you need support with. Our main goal as a service is to provide you with tools and resources to help get you on your feet and support you as you learn tools to cope with these feelings or events

## Misconceptions

Counselling can have many misconceptions such as 'counsellors will get into my head and make me talk about events I don't want to share' or 'counselling is only for major issues'. Counsellors do not have the magic ability to read your mind or force you to share anything. We encourage you to open up so we can help you understand where an issue may be stemming from, but you are in control of what and how much you share with us. Secondly, yes counselling can provide support during major life changes and traumas but counselling can also be used to talk through situations or feelings and provide you with tools to use in future times of stress.

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