

Counselling Process and Steps



1. Introduction and Confidentiality:

In counselling, our conversations will be confidential, meaning what you share with me stays between us, unless there's a risk of harm. The purpose of counselling is to create a safe space where you can express yourself openly.

2. Goal Setting:

Together, we'll talk about what brought you to counselling and what you would like to achieve. This could be managing emotions, improving relationships, or dealing with specific challenges. We will set goals that guide our work together.

3. Therapeutic Relationship:

I will be here to listen, support, and offer guidance, but the work we do depends on your willingness to engage. You will be actively involved in the process, and it is important that you feel comfortable asking questions or sharing concerns along the way.

4. Process and Techniques:

There are different techniques we may use, such as talking through your experiences, exploring your thoughts and feelings, and learning coping skills. We might also try exercises or activities that can help you gain insights or change patterns in your thinking or behaviour.

5. Frequency and Duration:

Counselling sessions typically last about 50 minutes, and we may meet weekly or bi-weekly, depending on your needs. The process can take a few sessions or longer, depending on your goals and the progress we make.

6. Feedback and Progress:

Throughout our time together, I will ask for your feedback on how things are going. This helps ensure that we are making progress and that the process feels helpful for you.

7. Ending Therapy:

We will also discuss when it might be a good time to end counselling. Ending can happen when you feel you've met your goals or if you feel ready to continue on your own, and we will plan for a smooth transition.