

Counseling: one path to becoming the best “you”

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Have you ever considered individual, family or couples’ counseling? Have you been put off by not knowing how counseling actually works? If so, you’re not alone! Many people wonder what counseling entails.

What goes on in a counselor’s office?

It’s a mystery to many people. Often, the mystery is scary enough to keep them from ever trying it. Yet counseling is very valuable and well worth a closer look. If you know what to expect in a counseling relationship, you can make a choice based on facts rather than fear.

Why go to counseling?

Many people say they don’t need someone else to tell them what to do, so why go to a therapist? And they’re right! But here’s the fact: good therapists never tell clients what to do. Instead, they:

- Listen closely to what the client has to say.
- Ask questions that help clients think about their concerns from new angles.
- Empower clients to create and even try out actions and behaviors they may not have thought of before.
- Help clients build tools for success.

When is the right time to see a counselor?

There are times in all of our lives when we feel sad, angry, confused or upset. Perhaps we’ve been laid off, had a baby, sent

a child off to college, lost a loved one or experienced conflict at work or home. These events are typical issues that can be addressed in a counselor’s office.

Many turning points in life lend themselves to seeking counseling. That’s because such events force us to make changes. They force us out of our “comfort zone.” When the ground beneath us seems shaky, counseling can often help.

What counselors do and don’t do

Counselors don’t shame, criticize or judge you. They don’t share what goes on in your sessions with anyone else. Everything you say to a therapist is private and confidential.

Counselors are professionals who are on your side, but still objective about what you’re facing or feeling. They can assist you in weighing decisions, building new pathways and reaching your potential in your personal and work life.

Do you really need a counselor?

Can’t you just solve most problems on your own? Sure, maybe you can. But a counselor’s help can turn one-time problem-solving into starting new patterns and making new choices. And that can lead to more happiness and satisfaction in the long run.