

What is Counselling and what it is not?

Counselling gives you the opportunity to talk with a trained professional, who can offer support, and new perspectives on your issues.

It is designed to give you the time, space and encouragement to explore and understand the issues you bring. While counselling is not a magic or an instant cure, it can clarify problems and help in their resolution.

A psychologist will be able to help you think about your problems from a different perspective. Their role is to provide you with a secure framework in which to reflect upon your circumstances. The aim is, that in time this will increase your awareness of yourself, your situation, and the choices that are open to you. It will also provide structure and support for you in painful and difficult times. The counsellor will not tell you what to do or make you talk about anything you do not want to talk about.

Counselling can help you to focus on and understand more clearly issues that concern you. By respecting your values, choices and lifestyle, the psychologist can work together with you towards making choices or changes that are right for you.

The main steps in the counselling process are:

- To help clarify the problem
 - To identify options open to you in the situation
 - To work out what you hope to achieve
 - Identify ways to achieve this goal
 - Provide support and encouragement as you work towards your goal
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Will it help?

Talking with a psychologist offers a psychological space that friends or family cannot provide.

The 'severity' of a problem is relative - i.e., if something is not right, it is not right - counselling is valid whether a concern is minimal or overwhelming.

People who engage in the counselling process often find it useful, although sometimes challenging.

Talking does help.

(www.uq.edu.au)
