

WHAT TO EXPECT IN YOUR FIRST AND SUBSEQUENT COUNSELLING SESSIONS



Counselling is a process designed to help you understand yourself and your relationships better. It's not a quick fix, but a journey that can lead to meaningful change. You might feel emotionally drained after some sessions, but over time, you'll likely feel lighter and more positive.

The First Session

The first session is a little more structured than those that follow and focused on understanding what brings you to counselling. I'll ask questions about your current issues, how they're affecting you, and possibly explore other relevant factors like past losses or medical history. This helps set a foundation for the work we'll do together.

Subsequent Sessions

After the first session, the structure is more flexible. Sessions often start with me asking, "What would you like to focus on today?" You might continue discussing a previous topic, talk about recent events, or explore how you're feeling in the moment. Over time, you'll feel more comfortable sharing and may gain new perspectives on old challenges.

Building a Therapeutic Relationship

A strong, trusting relationship between us is key to effective counselling. We'll work together to establish this, and it's important to discuss any thoughts or feelings about how the process is going. A good relationship here can reflect and improve other relationships in your life.

The Role of Counselling

Counselling isn't about forcing change, but helping you identify changes you'd like to make and empowering you to act on them. It's about being heard, respected, and supported as you grow in your own time. The process can bring up difficult emotions, but it also offers long-term benefits, including better communication, coping skills, and self-awareness.

Commitment and Progress

Effective counselling requires commitment from both of us. Together, we'll review your progress regularly, identifying any changes and what still needs attention. Some people feel the benefits in just a few sessions, while for others, it takes longer. The goal is to help you gain insights, achieve personal growth, and build healthier relationships with others.