

HOW TO PREPARE FOR A COUNSELLING SESSION

1. Meeting with a psychologist is the first step to improving your life. You should be optimistic.
2. A psychologist is a person just like you. Meeting new people can be scary for everyone in different ways. Try not to be anxious.
3. Be proactive. A psychologist is not a teacher or a parent, prepare to work equally to improve your life.
4. Remember that a psychologist will not give advice or judge you, but will help you understand your thoughts and feelings.
5. Try to be open and honest with your counsellor - this will help you work more effectively. A professional will not discuss you with anyone.
6. Be prepared that working on feelings and beliefs is not always a quick and easy process.
7. If something doesn't feel right, speak up. Bring all your thoughts and feelings to the work, including about the process itself or the counsellor.
8. Feel free to ask questions and discuss your expectations of working with the counsellor.
9. You don't have to discuss what you don't want to or tolerate uncomfortable feelings. Ask to stop if it gets hard.
10. The fact that you've made an appointment with a psychologist is already a sign of caring for yourself and moving towards positive change. You have already allocated resources, time and money for yourself.