

## How to get the most out of counselling

1. Remember counselling is not a 'quick fix'
2. Make counselling a 'priority' in your life
3. Attend regular sessions and ensure they are consistent
4. Visualise what you would like to achieve
5. Set goals
6. Be open and share what you are thinking and feeling
7. Build a strong relationship between you and your Counsellor, building trust between you to enable you to share these deep thoughts and feelings takes time
8. Make time during the week for reflecting, thinking and working on your Counselling process (what you get out of counselling is proportionate to what you put in. Therapy is not just about what happens in the sessions but the things you might work on between sessions).
9. Review regularly, what's working well, what's not working, any differences you have noticed
10. Keep attending sessions, even when you notice small changes, to enable the therapeutic relationship to continue to develop, enabling deeper rooted changes to happen
11. Be patient!



*Therapy Centre Services*

### AFFORDABLE AND ACCESSIBLE COUNSELLING SERVICES

1-2-1 Confidential counselling appointments

£30 per session

Contact Details;

Therapy Centre Services  
Dorsington Lodge  
Ashmores  
Evesham Road  
Norton  
WR11 4TL

[info@therapycentreservices.com](mailto:info@therapycentreservices.com)

Tel : 07895 796857

[www.therapycentreservices.com/selfreferral](http://www.therapycentreservices.com/selfreferral)



*Therapy Centre Services*  
*Affordable & Accessible Counselling*

## Mental Health

*Redundancy*

*Abuse*

*Anger*

*Post Traumatic Stress (PTSD)*

*Addiction*

*Anxiety*

*Family issues*

*Relationship issues*

*Work related stress*

*Low self confidence*

*Stress*

*Self harm*

*Bereavement*

*Obsessive compulsive disorder (OCD)*

*Depression*

*Childhood issues*

*Cancer*

*Suicidal thoughts*

*Life direction*

*Personality disorders*

Tel/Text: 07895 796857  
[www.therapycentreservices.com](http://www.therapycentreservices.com)

## WHAT IS COUNSELLING?

Counselling falls under the umbrella term 'talking therapies' and allows you to discuss any problems you are experiencing, or any difficult feelings you may have in a safe and confidential space.

Counselling is a useful process which can help if you want to change something in your life, or if you want to be able to explore your thoughts and feelings in more depth.

Your counsellor is non-judgemental and not there to tell you what to do. They will encourage you to talk about your thoughts and feelings and what is bothering you, and to help explore any root causes and help to identify your specific ways of thinking. You can work with your counsellor to create a plan of action to help you to work through your issues, or to help find alternative ways of coping.

## COUNSELLING PROCESS

Counselling can involve talking about difficult thoughts and feelings and this can feel unfamiliar and awkward to start with. This process is necessary however for you to be able to move forward and you may feel worse before you to start feeling better.

### What to expect at your first session;

You may be feeling anxious if you have decided to attend your first session and taking the first step can feel very daunting.

Your Counsellor will be empathetic and supportive, and the first appointment will hopefully enable you to talk about why you are seeking counselling, your current situation and any symptoms you may be experiencing.

## CONTRACTING

Your Counsellor will talk through the contract and boundaries at your initial appointment which will include;

- Dates and times of the counselling appointments
- Confidentiality agreement
- Clarification of the professional nature of the client / counsellor relationship
- Payment for sessions
- Contacting the service outside of counselling sessions

## HOW MANY SESSIONS?

Your Counsellor will discuss the number of sessions and may suggest 6 with a regular review. We offer unlimited sessions so you are able to engage in your therapeutic journey at your own pace.

## SESSION FOCUS

- What are the issues you feel you would like to work on?
  - What are you hoping to gain from therapy?
  - Exploring goals for yourself and your life
- Exploring how you can work with your therapist towards these personal goals
  - How your Counsellor can work with you, and how you can get the most out of your counselling relationship

## ENDINGS

We would like to encourage all clients to ensure they discuss and agree a planned ending with your Counsellor.

We don't always have good experiences of the end of relationships in our lives. Bringing the counselling relationship to an end is therefore an opportunity for a healing process to occur as a result of experiencing a planned and positive ending.

It is not uncommon for clients to start feeling better and therefore to cease appointments without discussing the ending with their counsellor and therefore not giving themselves the opportunity to have this healing experience.

### Endings can bring up difficult feelings including;

Anxious	Excited
Sad	Happy
Grief / loss	Positive
Vulnerable	Hopeful
Fear / uncertainty	Reflective
Angry	Enlightened

It is important that any difficult feelings are shared with your Counsellor.

### Think about any questions you may have at the final session;

- What if I relapse?
- How do I contact Therapy Centre Services in the future?
- Are there any books or resources I can access?

The process of therapy whether long or short term, will likely have shaken up the way you think, and that deserves your respect. In fully completing the work you have begun you are showing yourself respect for the hard work you have put in, and leaving the door open for you to return at anytime.