



Individual, Couples and Family Counseling
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GUIDELINES FOR COUNSELING

You may or may not have been to a counselor or therapist before. If this is your first experience with counseling, you may feel a bit nervous or apprehensive. That's normal! Counseling is a process that allows you the freedom and privacy to discuss issues that may be painful or difficult to discuss with family or friends. Here are a few suggestions to help you make the most of your counseling experience:

- Before each scheduled appointment, write down questions, topics or issues you would like to focus on in your session.
- Tell me what your expectations are, so we can work together toward your goals.
- Give me feedback as we go along to let me know how you are doing and what you might like to do differently (for example, "I like doing relaxation exercises" or "I would like to focus more on my anger").
- If you feel you would like to increase or decrease the frequency of your sessions, or to end counseling, please feel free to let me know.
- If you feel you need to bring a partner, relative or friend with you for your session in order to work on interpersonal issues, feel free to do so. Please discuss this with me beforehand.
- If you have another professional involved in your care (i.e. physician, chiropractor, etc), I would be happy to coordinate with him or her if you wish. It is not advisable to have more than one mental health counselor involved in your treatment at one time.
- Try to make a commitment to yourself to remain in counseling and attend regular sessions as long as you feel necessary. If you wait until you have a crisis, it will be more difficult to build long-lasting coping skills.
- If for any reason you would like to see a different counselor, please feel free to tell me. I can provide you with names of other counselors to refer you to.