



## What is Counselling?

Professional counselling is a safe and confidential collaboration between qualified counsellors and clients to promote mental health and wellbeing, enhance self-understanding, and resolve identified concerns.

Counselling is a combined effort between counsellor and client. Counsellors assist their clients by helping them to identify what their issues are, and then work through them together. Counsellors are fully present with their clients, use empathy and deep listening to establish positive working relationships. Counselling is effective when clients feel safe, understood, respected, and accepted without judgement.

Counselling can be broad or focused. Clients may explore: aspects of identity, spirituality, relationships with self and others, past experiences, parenting, grief and loss, trauma, domestic violence, child abuse, use of alcohol and other substances, depression, anxiety, and other experiences.

Counselling is not a quick fix. Often client issues are complex and in the course of counselling, more issues can be identified. Counselling may be short term, long term, or periodically over a lifetime, according to clients' needs.

The first session is generally a space where the counsellor gets to know the client, and the client can get a sense if the counsellor is the right fit for them. Counselling is a safe space for the client to be heard and supported, and to have an hour that is just about the client.

Sometimes clients can feel worse after counselling, and that is due to the nature of the issues that are discussed, but that won't happen after every session. Some clients have reported they feel like a weight has been lifted of their shoulders. All counsellors work differently, and not all types of counselling suit all people. If you think it's not working for you with your current counsellor, we suggest finding another counsellor to work with. Counsellors are used to this so they won't be offended and will give you names of other counsellors you can try.

Counsellors at Desert Blue Connect work with children, young people and adults.

