



Enfield Carers Centre  
Empowering Carers

## What is Counselling?



### What to Expect from Counselling

If you have decided to try counselling, you might be feeling anxious about your first session. Making the decision to get help and address the issues you are facing is an important first step and should be commended. Knowing what to expect from a counselling session should help you feel more prepared and less nervous about your first appointment.



In your first session it is likely that your counsellor will ask you some questions in order to gain an understanding of what's worrying you and the way your thought processes work. All of the information obtained here will be used to help you in future sessions.

This service is run on a voluntary basis and it is your kind donations that help to keep it running to enable us to help Carers in the future.

### The Counselling Process

Counselling often requires you to discuss upsetting emotions and painful memories. Bringing up these thoughts can feel difficult to start with and, initially, you may feel worse. This process is necessary to move forward and in time, you should start to feel better.

To get the most from your counselling sessions you should aim to make them consistent. Some sessions will feel more helpful than others, but it is important to

realize that everything your counsellor is doing is designed to help you in the long run, even if it doesn't feel like it in the beginning.

It is also worth remembering that counselling is not a quick fix and that your counsellor will not be able to tell you what to do. The counselling process requires a strong relationship between you and your counsellor and a degree of effort on your part - together these two elements create a successful method to help you resolve your issues.

## How Can Counselling Help?

The way counselling can help will depend on the person receiving the treatment. For many, the fact that counselling offers a safe and confidential environment to speak in is all it takes. In life, what we say to others can sometimes have a knock-on effect, altering relationships and the way people see each other. Counselling eliminates this problem and offers you the space and freedom to explore your own thoughts with an unbiased party.

Understanding of your problems providing you with the tools which will help you to resolve them on your own

### At times we all need some help or assistance



Counselling falls under the umbrella term 'talking therapies' and allows people to discuss their problems and any difficult feelings they encounter in a safe, confidential environment. The term can mean different things to different people, but in general it is a process people seek when they want to change something in their lives or simply explore their thoughts and feelings in more depth.

A counsellor is not there to sit you down and tell you what to do - instead they will encourage you to talk about what's bothering you in order to uncover any root causes and identify your specific ways of thinking.

The counsellor may then look to create a plan of action to either help you reconcile your issues or help you to find ways of coping.

Counselling does not come in a cookie-cutter format and each session is generally tailored to the individual.



**Face-to-face** - This is when you make an appointment with a counsellor to see them in person, usually at their practice. Face-to-face sessions are one of the more popular therapy formats because they provide an opportunity for you to react to any emotions that arise there and then.