

Still Confused?

It doesn't always follow that counsellors with the highest qualifications are the best option. When you find a counsellor I would suggest you talk to them on the phone so you can get a sense of what they are like before you book a session. If you book a session with them it doesn't mean that you are tied to that counsellor (if they tell you otherwise then I would be wary of this counsellor). The first session is for you and the counsellor to decide whether you want to carry on together in a counselling relationship. You may want to find someone else, who you feel more comfortable with. Or the counsellor may advise you to seek another counsellor who uses a different method of counselling or who has expertise in counselling with certain life issues.

It might take you some time to find a counsellor you can feel comfortable with, as with many interactions in life, we can connect with some people better than we can with others! After all, it will be the relationship between you and your counsellor that is therapeutic so it's important to keep this in mind.