



Understanding Counselling

A Path to Personal Growth and
Well-Being



A warm, inviting room, a haven where you can let your thoughts flow freely. Here, a trained counsellor sits across from you, ready to embark on a journey of self-discovery with you. Over time, counselling helps you understand yourself and others better. The counsellor listens without judgment, creating a safe space where you can truly be yourself. As you share your emotions, feelings, thoughts and behaviours. You notice the counsellor remains steady, engaging with you through emotional regulation. The essence of counselling and psychotherapy is that it is a collaborative journey to a deeper understanding of self, where it guides you to find your solutions rather than giving you direct answers, whether you're seeking to make changes or simply learn to cope.



Let's explore the various approaches to help you navigate life's challenges. Counsellors can be trained in many different approaches or 'modalities' and have different ways of working with you. There may be particular ways or techniques from other approaches that can be helpful. Some use specialist techniques. For example, an art therapist would use art to explore feelings and thinking. Or they may offer specialist treatment for specific issues such as eating disorders, addictions, or depression.

Isn't it amazing how counselling can be tailored to fit your individual needs? Whether you're exploring creative art or tackling specific challenges, there is an approach perfectly suited to support you on your journey.



Here at St Edmund's College, the counsellor offers

- Individuals (one-to-one therapy): Individual sessions in counselling psychology refer to one-on-one therapy sessions. These sessions involve a therapist and an individual seeking support, allowing them to explore their thoughts, feelings, and behaviours in a confidential and supportive environment. The goal is to address emotional concerns, promote self-awareness, and improve mental health outcomes.
- Group Counselling is a Group of people with a common difficulty, such as bereavement, eating disorders or addictions, may discuss their feelings and emotions together, helped by one or more counsellors. The number of people in a group can vary.



How can therapy help?

Therapy can be incredibly helpful, especially when you're feeling painful emotions or facing difficult decisions. It's also a great way to improve or change your relationships and better understand yourself or others. Maybe something unsettling has happened recently, like a bereavement, redundancy, or health scare. Sometimes, there are things in our past that we haven't fully dealt with, and they can interfere with our daily lives.

Seeking help to cope with issues like anxiety, stress, or personal problem-solving. Sometimes, feeling isolated and having no one to talk to makes it hard to manage these emotions. Even those with the most supportive friends and family can find it difficult to explain why they're feeling anxious or depressed. And sometimes, it's just easier to talk about personal, family, or relationship issues with someone independent, like a therapist.

It's important to know that you don't have to be on the verge of a crisis before seeking therapy. You might simply be feeling dissatisfied with life in general or looking for more balance.

What happens in therapy?

Therapy is a dedicated time for you and your therapist to explore the issues that have led you to seek counselling. Unlike a casual chat with friends or family, therapy is a structured and professional conversation. Your therapist may offer to share information, but they won't give their opinions or advice or try to persuade you to a particular viewpoint.

Therapy also includes exploring past and present life events, feelings, emotions, relationships, thought patterns, and behaviours. Your therapist will help you look at your concerns and identify the best course of action for you, which might help you to resolve your difficulties or to find ways of coping.



A Therapist can

- offer a safe and confidential space to help you explore emotional problems
- help you make sense of your world
- help you explore feelings and thoughts to resolve emotional distress
- help you better understand yourself and others, which may improve your ability to relate to others.



A Therapist will not

- Tell you what to do
- Prescribe drugs – only an appropriate medical practitioner can do this
- Offer help with practical problems, such as financial or housing issues
- Provide specific information about health-related problems unless they work in a specialised service
- Meet outside pre-planned sessions
- Talk in detail about themselves and their problems








Therapy sessions

Therapy sessions are best held in private settings where you and your therapist cannot be overheard, recognised, or interrupted.

Suitable locations include private offices or dedicated therapy spaces, ensuring confidentiality and security. Sessions are usually scheduled regularly and not, for example, two sessions one week, one the next and 'see how we go'

Talking about your issues can take time and you won't cover it all in a single session.

The duration of therapy can vary greatly, with sessions spanning weeks, months, or even years. This is because everyone's progress is unique and individual. Therapy is a personalised journey, and the time it takes to achieve your goals will depend on your specific needs and circumstances.








Therapy sessions

A session for one-to-one therapy generally lasts 50 minutes to an hour, but for specialist therapy, such as trauma treatment, it can be longer. Sessions should be kept to a reasonable length so you and your therapist can maintain energy and focus.

Group counselling sessions typically require a commitment of several weeks to months, depending on the group's focus and goals. Each session is usually around 1 to 2 hours. Groups often meet weekly. The overall length of the counselling program can vary. It is designed to provide sufficient time for participants to share experiences, support each other, and work towards personal growth and healing together.







Confidentiality

The therapist will listen to you confidently and not talk to anyone else about you or gossip about what you say. Protecting confidentiality and privacy is essential for building trust. Therapists will not discuss you with or get personal information about you from your family, friends, teachers or other agencies without your knowledge.




There are a few situations that may require a therapist to break confidentiality:

- If the client may be an immediate danger to themselves or another
 - If the client is endangering another who cannot protect themselves, as in the case of a child, a person with a disability, or elder abuse
 - As required by state or federal laws
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Getting the most out of your therapy

You can get the best results from therapy by:

- being open
 - saying how you are feeling
 - Giving your therapist honest feedback on how you are experiencing the therapy Good therapy should feel safe and enable you to take risks with the issues you are prepared to work on. This includes saying how you think you and your therapist are working together.
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Characteristics of a counsellor

- Impartial and able to express warmth and empathy to help you talk openly about your feelings and emotions
- Non-judgmental – demonstrate not-judgmental when you disclose about yourself, your attitudes or behaviours
- Fair, open and trustworthy – develop a respectful working relationship between you. Therapy is a very personal experience, and, to a certain extent, how you feel about the relationship will affect whether you can work effectively together.
- Provide a good standard of care for you, which includes being aware of their training, experience, and limitations and referring you if they feel unable to help you.
- Professionally trained and qualified, and knows the issues you want to discuss. They are also aware of their own issues and support needs and receive regular supervision. (Supervision is a formal arrangement where therapists can discuss their work regularly with someone external to maintain adequate therapy standards.)





Email: counsellor.sec1@gmail.com

Phone: 0364-2916271

Available Monday to Saturday from 9:00 AM to 5:00 PM.

Location

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|---------------------------|----------------|
| COUNSELLING ROOM | PATHWAY |
| LAB 1 | |
| STORE ROOM 2 | |
| STORE ROOM 1 | |
| GIRL'S COMMON ROOM | |
| RECTOR'S OFFICE | |