

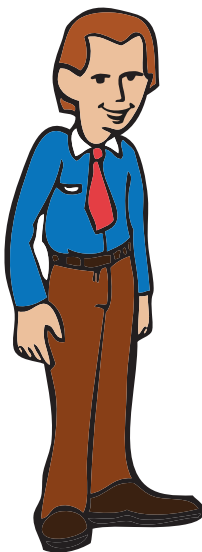
WHAT IS COUNSELLING?

Counselling is when we meet with someone who is a qualified counsellor trained in listening and talking. In counselling we can talk about things that might be worrying us or about changes we might want to make in our life. This is done in a structured way.

Counselling can be helpful for people with mental health problems. It is also helpful for people looking for ways of managing better in their lives.



Counselling is confidential.



It is a safe place. In counselling you are free to talk about your thoughts without being criticised.

People trained in counselling are usually psychologists. They can also be from other professions.

TYPES OF COUNSELLING:

All counsellors use the same skills for listening. There are different types of Counselling used.

The type of counselling depends on the counsellors training. It also depends on what may be the best way to help.

There are a lot of things that are the same in all types of counselling. The differences are in what they pay attention to.

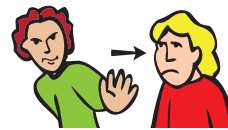
These are the most used and helpful types of counselling and what they pay most attention to;

Cognitive Behaviour Therapy



Your thinking

Interpersonal Therapy



Your relationships

Psychodynamic Therapy



Your past

Family Therapy



Your family

Solution Focussed Therapy



Your strengths

Person Centred Therapy



What you pay attention to

WHAT DO PEOPLE GO TO COUNSELLING FOR?:

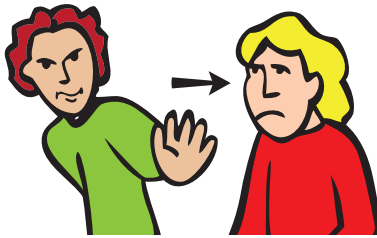
People go to counselling for help with many issues such as;



Depression



Stress



Relationship difficulties



Anxiety and fears



Dealing with loss or trauma



Self esteem



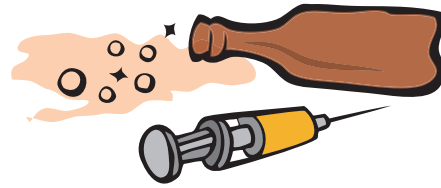
Intimacy and sexuality
concerns



Dealing with conflict



Coping with health problems



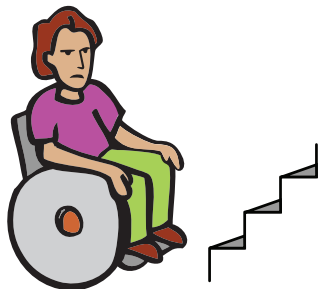
Problems with alcohol and drug use



Personal growth



Career planning



Living with a disability



Anger control



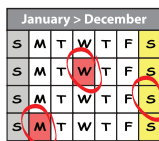
Pain

WHAT WILL HAPPEN IN COUNSELLING?

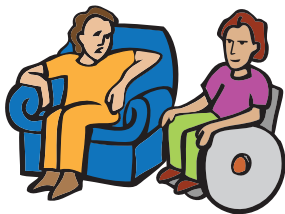
Counselling may occur as -



Counselling sessions are usually 1 hour



Counselling sessions can occur weekly, fortnightly or monthly depending on what works best for you.



One to one

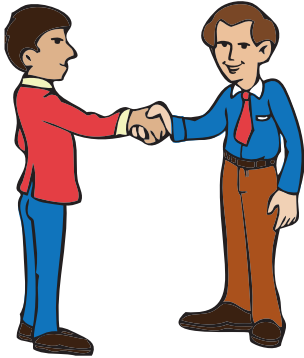


As a couple or family



As a group of people with the same concerns

In the first session you will;



Meet the counsellor



Learn about what will happen in counselling



Have a chance to ask questions about counselling



Talk about the things you want help with in counselling

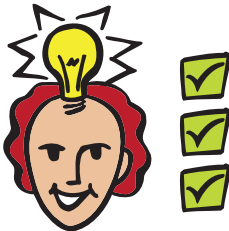
In other sessions you may;



Make goals that you want to achieve in counselling



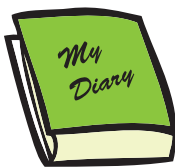
Answer assessment questions that help the counsellor plan with you how to best help you.



Answer assessment questions that help you to understand how you may be meeting your goals in counselling.

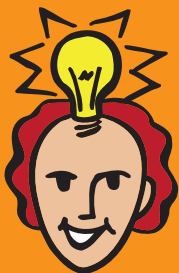


Be given things to read or look at.



Be given activities to do between sessions such as keeping a diary.

REMEMBER



You can always end counselling when you want to.

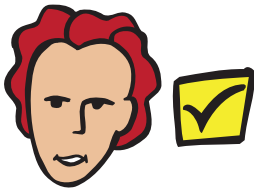
You are always able ask questions about what is happening in the counselling process.

HOW DOES COUNSELLING HELP?

Counselling can help you in these ways:



To learn new skills and better ways to cope



To understand what you are experiencing



To learn new ways of looking at what is happening to you



To solve problems and make decisions



To learn about your strengths and how to use them

PREPARING FOR COUNSELLING

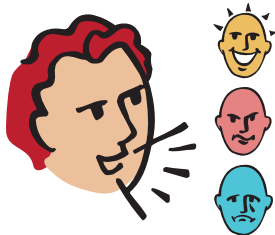
You don't have to but it can be helpful to think about and do the following before you go to counselling:



What do you want from counselling?



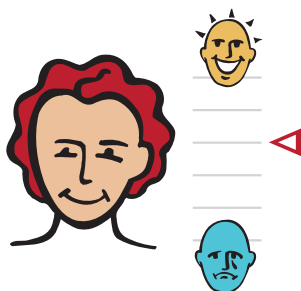
What are the things that are important for you to talk about in counselling?



Are you ready to talk a lot about yourself, your feelings and your experiences?



Practice thinking about your feelings and how to describe them.

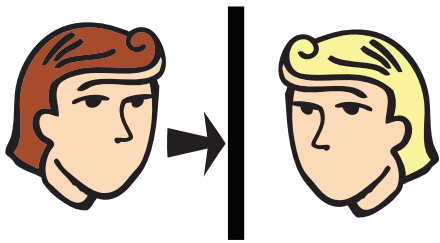


Practice noting how much you feel at any given time. Perhaps you could give your feelings a rating from a little to a lot.

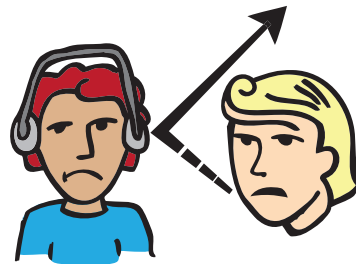
COUNSELLING AND DISABILITY:

People with disabilities may experience any of the issues that people go to counselling for.

Also people with disabilities sometimes have more stressful things in their lives than people without disabilities. Some of these stressful things may be:



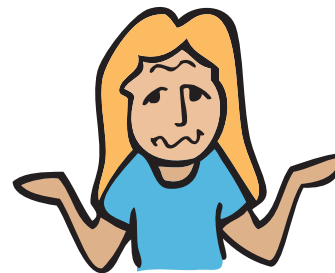
Not being able to communicate



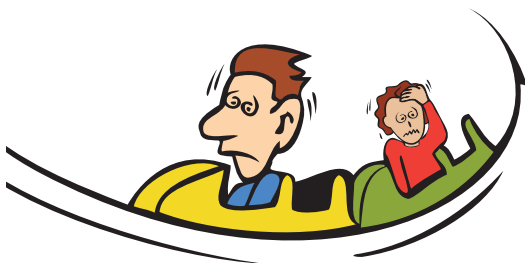
Not being understood



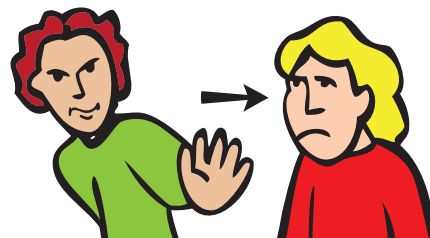
Having few friends



Not having much to do



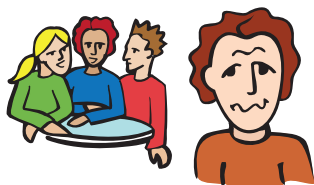
Not feeling in control



Being discriminated against



Unhappy life experiences



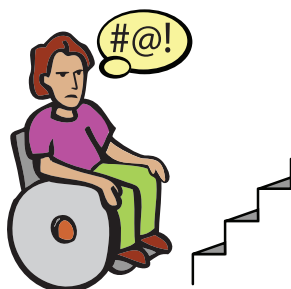
Not feeling included in things



Money problems

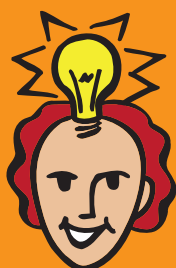


Health problems



Frustrations

Counselling can be one way to help cope with these stressful things.



REMEMBER that everyone is different. Just because there are a lot of stressful things in someone's life, it doesn't mean that that person needs counselling.

WHERE TO GO TO FOR COUNSELLING:



You can first speak to your doctor who will be able to refer you to a psychologist.

You can also find a psychologist by contacting the Australian Psychological Society referral service.

In an emergency you can do one of these things ...



Call your Doctor



Call Lifeline if you live in Australia on 13 11 14



Go to a hospital



People who are deaf or have a hearing or speech impairment can call Lifeline through the National Relay Service (NRS);

TTY users phone 13 36 77 then ask for the Lifeline number which is 13 11 14.

Speak and Listen (speech - to - speech relay) users phone 1300 555 727 then ask for the Lifeline number which is 13 11 14.

Internet relay users connect to the NRS website (<http://www.relayservice.com.au>) and then ask for the Lifeline number which is 13 11 14.



This Fact Sheet is linked to the work of the Bridging Project. The Bridging Project is being undertaken by Scope in collaboration with the Centre for Developmental Disability Health Victoria, Monash University. The mission of the Bridging Project is to progress the knowledge and resource base to ensure that people with complex communication and mental health needs have access to quality services. The project has two complementary streams, Building Evidence (increasing the evidence base in relation to individuals with complex communication and mental health

needs through research and related activities) and Building Capacity (building the capacity of services to address the mental health needs and preferences of individuals with complex communication needs). The project is designed around the needs of people who are 18 years or older.

More information regarding The Bridging Project can be found at the Scope Web Page, <http://www.scopevic.org.au>