

## **COUNSELING FACT SHEET**

### **What is Counseling and how can it be helpful?**

**What is Counseling?** Counseling is a confidential process designed to help you address your concerns, come to a greater understanding of yourself, and learn effective personal and interpersonal coping strategies. It involves a relationship between you and a professional therapist who has the training and skills to help you accomplish your individual goals. Counseling involves sharing sensitive, personal, and private information that may at times be distressing. During the course of counseling, there may be periods of increased anxiety or confusion. The outcome of counseling is often positive; however, the level of satisfaction for any individual is not predictable. Your therapist is available to support you throughout the counseling process.

**Is counseling a safe place for me?** Counseling is a safe place to discuss problems and issues, past or present in a respectful manner. It is NOT a place to go because you are “crazy” or “dumb”. Therapy is an outlet where you can talk about difficulties in your life and try to problem solve to make positive changes that will improve the quality of your life. Everyone has difficulties in their lives at different times and sometimes an outside source can be helpful in looking at where you stand in your life and how positive changes can be made.

**How long does counseling take?** Counseling is a process and can often take time depending on the types of issues that are challenging you in your life. It takes work and determination to make changes that will hopefully be permanent improvements in your life. Often, problems did not surface overnight. They have been there for quite some time and in working with a counselor, you will work collaboratively to problem solve and discuss the heart of the problems. At the Counseling Resource Center, the focus is on short-term, time limited therapy (one to two semesters). However, there is no specific cut off for the amount of sessions and each individual is treated on a case by case basis. Often, we work with you for a certain amount of time and then we make a referral for continued treatment at an outside agency.

**How long are counseling sessions?** Typically individuals are seen on a weekly basis for a duration of 45 minutes for an individual session. It is very important that you arrive on time for your sessions because that 45 minute time frame is being held specifically for you. If you show late to a session or do not show at all, it is sometimes difficult to reschedule the appointment for another time that week. Also, missed appointments can interfere with the general flow and progress of treatment. Please call the office at (718) 368-5975 as soon as possible if you need to miss an appointment. If you miss more than 3 appointments, you will be contacted regarding your interest in continuing treatment.

**What if I want to end counseling sessions?** If you feel that you want to stop treatment for any reason we urge you to discuss this with your counselor. Proper termination is important to the process of counseling so that there is adequate closure and so that you and your counselor can summarize your progress and discuss what areas need attention for continued growth.

*WE hope that you find this fact sheet helpful. Please ask your individual therapist or front staff if you continue to have questions regarding counseling.*