



Wishaw Counselling Service

Understanding the Counselling Process

If you choose to engage in counselling/therapy the following is some information to give you an understanding of what may be involved.

Counselling provides you with a safe, non-judgemental space to explore your thoughts, feelings, behaviours, experiences and issues. The therapeutic relationship between yourself and your counsellor will be one of acceptance and honesty providing you with the support or challenge you may need to make any desired changes or outcomes.

Due to the nature of what we may be working on this can leave you feeling out of sorts for a brief period of time at the start of your counselling journey. This is only temporary, you may even feel lighter after counselling as we are all individuals and respond differently. This is to be expected due to the nature of what we may be working on. As your counselling continues this will fade over time. It is important to recognise this so as not to see it as a negative side effect of therapy. Due to this self-care is important whether it be making space for yourself to relax or spending time with others; whatever helps you. You need to be committed and ready to do the work on a regular basis to allow counselling to be beneficial and constructive. Be honest with your counsellor throughout the process with any questions or concerns you may have. They will be able to either validate your worries or put your mind at ease.

Counselling allows you to work on your self-awareness; how you are in situations and relationships, potential triggers you may have, where they have come from and how they impact you now. Increasing your self-awareness allows you to have a better understanding of yourself, your relationships, and how life experiences have helped to shape you allowing you to make more positive choices for yourself moving forward. For counselling to be effective you have to be committed to the process and attend on a regular basis, preferably weekly. If you work shifts we can change your times on a weekly basis and arrange your next appointment at the end of each session unless you prefer to book in advance.