

# SO YOU'RE THINKING OF COUNSELLING?

## A Client's Guide To Counselling



1

**You don't have to talk about anything you don't want to talk about!**

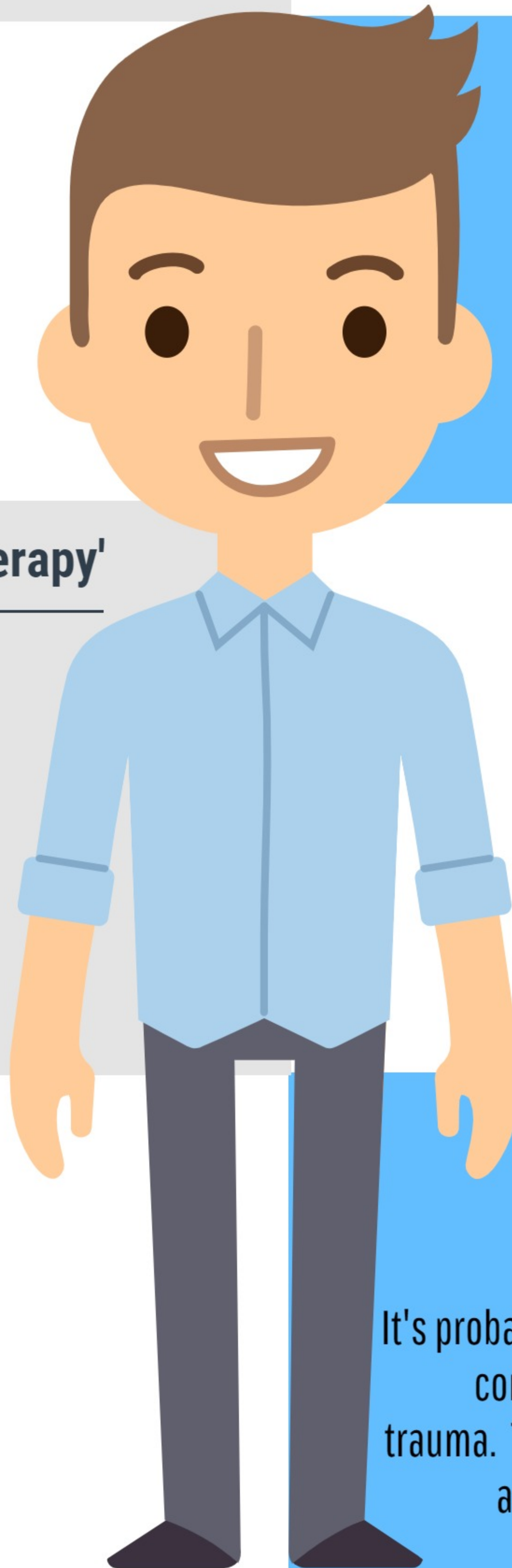
*What this means:*

People sometimes believe that they will be 'forced' to talk about painful/traumatic experiences. **NOT THE CASE!**



*So now you're thinking "if i don't tell them what's wrong, how does it help?"*

Well, here's the beauty of counselling! first we teach you how to 'contain' painful emotions. Next you learn how not to talk about traumatic experiences. Why? Because if you don't talk about things in a 'safe' & 'therapeutic' way, you can make things worse -



**Skill Building: Containment**

2

*What this means:*

You'll learn to temporarily 'put away' painful memories. so you can continue with your day, without them becoming 'intrusive'



3

**'Psychotherapy' and 'Trauma Therapy'**

*What this means:*

Psychotherapy is the treatment of issues using psychology rather than medications. Trauma therapy is a specialised type of psychotherapy

*"Wait. So if I can just 'put away' the memories, why do I need counselling after I've learnt the skills?"*

Great Question! Unfortunately the skills are 'short term'. They help you function day to day, but eventually the 'thing' you struggle with resurfaces & without counselling, the skills you've learnt become less effective over time



**Re-experienced Trauma**

4

*What this means:*

It's probably what's been happening when your painful memories come up. In therapy the aim is to avoid simply 'reliving' the trauma. The goal is to store the painful memories away, but with added healing, so that over time they become less painful

5

**Avoidance**

*What this means:*

Unresolved memories of trauma usually have to be talked about otherwise they remain unprocessed and are more likely to come back as symptoms such as flashbacks. Understandably you may not like to think about what happened and may have been avoiding the upsetting feelings. Instead of helping, believe it or not avoidance actually keeps the symptoms alive. Talking about what happened in therapy can ease the pain and fear associated with the trauma.