

Your First Counselling Session

If this is your first time at a counselling session, or at a session with me, you might want to know what happens before you come. As you will see on the Booking Page, you complete an intake form and book your session on line. Having all this out of the way means that we can concentrate on your issues during the session.

Beginning Your First Counselling Session

The first step is for you to tell me why you have come. This usually means explaining a problem you are having and why it has brought you to counselling at this particular time. You can do this in your own way, in your own time. You may just want to unload and share your feelings. Or you may want to work through some difficulties in a practical way.

You may want help to manage feelings, such as anxiety, depression or grief. You may want strategies, ideas, help making decisions or any one of a number of things. For most clients, it is a combination of several things. I will ask further background questions as needed. We look at your strengths and supports, your vulnerabilities and any other information relevant to your situation.

We then try to set your goals for counselling, What is it that you want to achieve? What do you want to be different to what it is now? It is important that the goals are achievable – something that is possible. This means they have to be about you, not someone else. We can only ever change ourselves, not another person, no matter how much we may want to. But we can change how we react to them and respond to what they do. We may rate the goals out of 100 so that we can measure progress.

After Your First Counselling Session

Between your first and second session, I might put a plan together, depending on what your counselling goals are. I might consider if a particular therapy is needed, and how best to apply that to your desired outcomes. Where possible, I include psychoeducation when working with clients, so that they are informed about what we are doing and why, and also to help them maintain their gains when sessions have finished.

Future work is likely to include 'homework' – tasks to carry out between sessions. This might include practicing new skills, trying new approaches, or thinking about things in a different way.

Counselling can be a rewarding experience and give you a new lease on life. If you would like to give it a try, why not book your first session now? Clients usually need several or more sessions to achieve their desired outcome, so why not take advantage of the discount and book three sessions, each a week apart to start with? It could be a step forward into a happier, and more rewarding life. I look forward to hearing from you and working with you soon!

Dr Pauline Enright Mobile: 0409 191 342
Email: pauline@radiancehobart.com.au

PO Box 907, Sandy Bay, TAS 7006
Website: www.radiancehobart.com.au
