



About Counselling

When dark clouds hide your rainbow, Radiances Counselling is here to help!

- ◆ Looking for more out of life?
- ◆ Want better ways to cope?
- ◆ Need help to move through difficult times?

What is Counselling?

Counselling is a way of dealing with problems by talking them over with a counsellor. Your counsellor will listen to you and give you full attention. Sometimes, an understanding ear is all that is needed.

Counsellors teach you skills and show you new ways of looking at things. They can help you to find solutions to problems. Together, you can achieve the best outcomes.

Why should I come to Counselling?

Clients come to counselling for many reasons. You might have a problem you just can't quite cope with by yourself. It may be a vague feeling that something is not right and you want to talk it over. Maybe you want to develop more self-awareness, understand your feelings, or try new things.

You may want to explore your world-view, take a new direction or get more satisfaction out of life. Or improve your relationships or self-confidence. If you're feeling anxious or stressed, having a hard time or something unexpected happens, counselling can help. If you've lost a loved one or a job, received bad news or there's a serious illness in the family, counselling will help you deal with the stress.

Some clients want help with mental health or wellbeing problems. Counselling can help you manage and recover from problems such as: abuse, addictions, anxiety, depression, grief, panic attacks, phobias, relationship problems, stress and trauma.

Some people feel anxious all the time but don't know why. Coping with life-changes and milestones, such as children leaving home, menopause or a parent dying may bring you to counselling. In fact, any problem relating to how you are feeling or thinking is a reason to visit a counsellor. They will soon let you know if they can help you, and if not, point you to someone who can.

What happens at Counselling?

You will be treated with respect and professionalism. We will explain the guidelines of counselling and listen to your concerns. Together, we will explore the best way of dealing with them. For more information, see PDF: *Your First Counselling Session*.

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