

About Counseling

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If you are hurting inside, or your life just doesn't seem to be working, talking with friends or family members can often help you feel better. But sometimes this isn't enough. Sometimes talking with someone who isn't so close to the problem can be helpful—someone who can provide caring support, and also work with you towards healing when you feel stuck.

Seeking professional counseling is a sign of both your strength and your determination to feel better. Therapy has one clear and definite goal: that something of positive value and usefulness will come out of it for you. When you end counseling, you will own the things you have learned as you continue on.

Therapy has often been called the "talking cure." But therapy is much, much more than a simple exchange of words and advice. It is a non-judgmental relationship where it is safe to be open with difficult subjects and feelings. As trust grows in this relationship, it becomes safer to explore things that you may have told no one before, with a person who is trained to help you understand and work through issues. The very strict rules of confidentiality governing

conversations between you and your counselor will help you feel more comfortable to open up.

Something surprising about what makes counseling successful is not so much the orientation, style, or even years of experience that a therapist has; it is more the view of the client towards counseling that contributes to its helpfulness. Good counselors will welcome the opportunity to address your reservations and concerns about counseling from the very first session. It is part of the getting acquainted process,

For counseling to be successful, it is also important that you find someone in whom you have confidence—who "gets" you. Pay attention to how "listened to" you feel. Successful counseling requires both competence and genuine caring on the part of the therapist. You deserve the best possible therapy experience! If you don't think there is a good fit with a particular counselor, feel free to discuss this with him/her. If the discomfort can't be worked out, the counselor can help you find someone who meets your particular needs better.