



## What to Expect from Counselling

People are often wondering what to expect when they come to counselling. They are not sure what to expect of the counsellor, themselves, or if the counsellor has any expectations of them.

This overview was created to help you get the most out of your experience at The John Howard Society of North Island. Our goal is to help you in the best manner possible.

Let's start with you:

- Create your own goals and objectives
- Work on those goals between sessions
- Apply the ideas between sessions
- Remember you are the expert in your life
- Know that what you bring to counselling is the most important
- Talk with your counsellor about how you think the relationship with him/her is going

Now, the counsellor:

- Is like a coach and has training and experience in counselling
- Will help you reach your goals without violating your core beliefs
- Believes you will see some improvement in the first few sessions
- Has faith in your ability to change
- Believes in building upon your strengths
- Believes the relationship with your counsellor is very important in your ability to change

Thank you for coming to see us. If there is anything we can do to increase your satisfaction with our services, please let us know. Your feedback is really important to us!

\*Note to parents accompanying their child to counselling:

We believe that parents are the most important part of a child's life. Parental involvement improves counselling outcomes. It is our responsibility to help your child be the best he/she can be, to help them with their development and their feelings, and to help them sort out the things in their lives they question, fear, or don't understand. We have found that we have to support the parents, and also challenge some of their beliefs and behaviours. It is likely that you, as well as your child, will be asked to make some changes. **For a child to excel at their greatest potential, parental involvement is a necessity. Parents are the most significant force in a child's life.**