

Welcome to Counselling

Starting counselling? Welcome! Counselling helps people with all sorts of problems: small, medium or BIG ones. So, strap on your seatbelt, because counselling is an adventure!

Counselling can be a good place to talk about tricky problems. Problems usually come uninvited. How unfair is that!

Every adult was once a small child, and we know that problems can be annoying and make it hard to have fun.

Parents might call a counsellor when they're not sure what to do next. You might come to your first meeting along with your parent, on a screen, or in person at a counselling room.

Counselling is your special time. It's a safe space, free from shame or blame. There will be no finger-pointing at you. Because we stand together and point the finger at The Problem. We put The Problem under the spotlight.

Sometimes you get to talk, draw and play. Your counsellor will also want to hear about your proud moments, friendships, interests and your ideas about dealing with The Problem.

Like wearing a new pair of shoes, at first counselling can feel a bit awkward, but it will soon feel okay.

Life is a journey, and every now and then problems come along. So, put on those new shoes. Choosing counselling is saying 'Yes!' to a new direction.

There was an ancient Chinese man called Lao Tzu. He was very wise and said:

'The 1,000-mile journey begins with the first step'.



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