

Strategies to get the most out of counseling

Making appointments a priority.

If you've ever tried to learn a new skill or get in shape at the gym, you know that consistency is key. Frequently cancelling and rescheduling appointments is going to hinder or prevent progress in therapy. This is the reason why I might need to terminate counseling if missed appointments become excessive. Clients who come consistently come to therapy and make it a priority are those who tend to have more success.

Taking risks and trying new things.

Anytime you learn a new skill, it feels strange and unnatural. If you hired a coach to help you improve your tennis game or golf swing you know it feels strange and unnatural at first. However, after time and practice the new swing, grip or stance becomes more natural and you start to see results. The same can be held true for counseling. Here you are going to learn new skills, techniques and ideas that might seem strange and unnatural at first. With time and practice it too will become more natural. Allowing yourself to be open to practicing and learning new skills in counseling will greatly improve your success.

Taking responsibility for your mental health.

If you were to go to a doctor's office and not discuss the reasons why you were there or what your symptoms were, you would leave without receiving much care. Ideal clients come prepared to each session with an agenda of issues that would like to have addressed in the session. Ideal clients make notes (either mental notes or in writing) of the improving or worsening of symptoms between sessions. Ideal clients have clear goals of what they would like to achieve in therapy, and actively work towards those goals.

Giving honest and direct feedback.

The more feedback I get from you about what is working and what isn't working, the more I can tailor my services to be more effective. I never want you to be afraid of hurting my feelings. I value honest feedback from my clients. It allows me to do my job better and it allows services to be made more effective to you so that you get better faster.