

# Counselling: Getting the Facts Right

The word “counselling” probably brings up a lot of thoughts and ideas – let’s explore how true or false they are.



## Seeking counselling is a sign of weakness.

False.

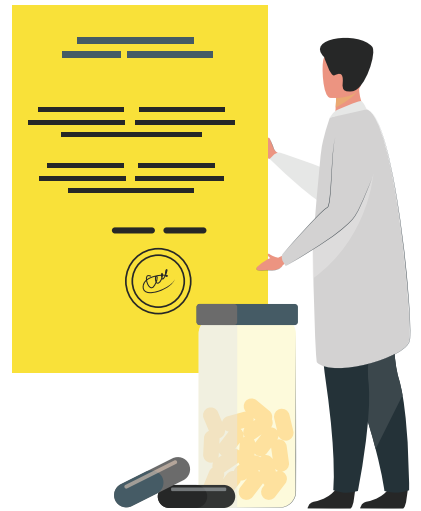
Seeking counselling is a proactive way to manage the problems and improve ourselves.



## Counsellors put you on medication.

False.

Licensed counsellors only provide appropriate counselling. Medications are prescribed by psychiatrists.



## Counselling is for people with mental illness.

False.

Counsellors can help you deal with any concern, be it small or big, and encourage you to address them by sharing new insights and perspectives about it.



## Personal information discussed during a counselling session can become public.

False.

Counselling provides you with a safe space to discuss your concerns. Everything you discuss in a counselling session is confidential.



## **Counsellors can help only if they've also experienced the same thing.**

**False.**

Most counsellors have the education, training and experience to understand and treat the problems clients bring to them, and if they don't, they are instructed to refer them elsewhere.



## **Counselling doesn't help with lifestyle issues like nicotine addiction.**

**False.**

Counsellors are experts who have the training and the tools that enable them to provide help with any problem area including addiction, anger issues and work-life balance, to name a few.



## **Counselling is a quick fix for all your problems.**

**False.**

Counselling is like a mental workout to strengthen your mind. It helps you develop skills to address your concerns and lead a fulfilled life.



## **Counselling is similar to talking to a good friend.**

**False.**

Counsellors are highly trained professionals. Each session is devoted only to you.

With friends, you're more likely to censor yourself, either because you don't want to hurt their feelings or portray yourself or others in a bad light.

Counselling is also completely confidential, so it stays between you and the counsellor, unlike friends, where it may be discussed among other people.



## **Counselling is just basic common sense.**

**False.**

While common sense is wisdom and logic that applies to everybody, counselling is more nuanced wisdom that applies only to you, depending on your situation, age, background, gender and many other specific details.

