



Expectations of Counselling

This is the 3rd in my series of blogs on expectations and I've decided to look at Expectations of Counselling and Counsellors and Therapists this time around because, it can be difficult to get a **realistic picture** of what counselling is like from mainstream media.

And unfortunately, sometimes the stigma as well as the personal nature of the work can get in the way of people sharing their experiences of counselling so I hope this will remove some of the mystery and bring some light, at what might be a dark time.

Unique Approaches

All counsellors work differently, so I'm going to be completely transparent and say **this blog is written purely based on how I work.**

For me, it's the relationship and trust between you and I, the client and the counsellor, that underpins counselling work so this will be unique for everyone and it means that having the right counsellor for you is important.

With that I mind, you might want to contact more than one counsellor when you first start looking for someone to work with (in the same way as you would always get more than one quote if you needed to have work done at home) to find the person that feels like the right fit for you.

It's not just about the past

I offer, a safe and compassionate space to explore, without judgement, whatever it is that's impacting your emotional wellbeing.

This works because, once you feel safe and trust that the person sitting opposite you is there to listen attentively to whatever it is that you have to say, it becomes easier to talk about and if necessary "unpick" the things you're finding difficult.

"Just like children, emotions heal when they are heard and validated."

Jill Bolte Taylor

Experiencing compassion and sensitivity in response to those issues gives you space to look at your responses and the choices that you make going forward. It's not all about looking at the past but is instead is all about **not having to be on your own with your difficulties.**

Professional Status

Counselling is currently unregulated in the UK. This means that anyone can call themselves a counsellor/therapist and work privately, so its important to check your counsellor's qualifications, professional registrations, insurance cover as well as experience.

You'll find more information about my training, qualifications and experience at [Qualifications](#) and [Experience](#).

You're in control

I totally get that talking about emotional difficulties can feel uncomfortable, particularly with someone who is effectively a stranger. The advantage of this is; I'm not involved in your day to day to life or the issues that you bring to counselling and I'm unlikely to know you directly, outside of our counselling relationship (but we'll check this out together when we first meet).

We'll also use boundaries as the building blocks for our relationship as these bring a **sense of safety**. An example of this is that in our first meeting, I'll explain how confidentiality works and what would happen if we were to bump in to each other out and about. I'll also provide you with a written contract, that we both agree to. This outlines in more detail how we'll work together e.g. how you can cancel sessions.

In terms of the work together, **you're in control of how many sessions we have** and they'll be arranged for a time that suits you.

Content of the sessions is also in your control and I follow your lead on what you'd like to speak about. I might ask questions about what's been said and look to explore in more detail, but there would never be any pressure to talk about things that you don't want to talk about.

The same applies with ending counselling i.e. there is never any pressure to continue, though I'd always welcome the opportunity to talk about the ending, so that we can make sure that the work and our relationship is concluded in a way that you find beneficial.

Expectations that your counsellor might have

Working in the way that I've described above means that I have no expectations around the issues you bring to counselling or how you might be feeling.

There are however, some practical expectations. For example, letting me know if you can't attend a session and these are outlined clearly in the contract that I mentioned earlier so that you know where you stand.

You won't be given advice or told what to do

The focus of our counselling work will always be on us looking together, in this supportive environment, at what you're finding difficult and why that might be the case. Doing this will **help you to identify the solutions, options or next steps that are right for you** rather than me telling what you should be doing.

Next steps

Call or text 07484 160971 or email info@anjali-leverton.co.uk to arrange a counselling session.

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Photo credit: Nik Shuliahin on Unsplash

You'll find my other Blogs at www.anjali-leverton.co.uk/blog