



Congratulations! You've called, scheduled your counseling appointment and have completed all the paperwork (intake forms, etc)! The date of your counseling session is coming up and you may find yourself thinking through some of these common questions and concerns:

Where do I start?

What if they don't understand me?

Will the counselor judge me for what I've done in the past, or for what I'm thinking?

Will we have to only focus on negative things?

What if they can't help me?

These are completely normal thoughts and questions. You can trust that your counselor at Light of the Rockies is experienced in guiding people through many life situations with grace, care, understanding and without judgement. Every day our team helps people find healing and growth through their counseling sessions.

Here are some tips to help you get the most out of your counseling sessions:

1. Be prepared to answer these questions:
 - a. Tell me about yourself and a little about your background?
 - b. What is the issue that has brought you to start counseling today?
 - c. What will it feel like when you've worked through the issues you're here for?
2. Be an active participant. Your counselor may have the right questions to ask, but you need to be ready to answer the questions openly and honestly, knowing that sometimes the answers you'll be giving are not the easiest things to say. If your goal is to grow, you'll need to be ready to work.
3. Recognize that healing isn't instant. The issue or problem that brought you to counseling is one that often didn't just happen overnight, so it may take weeks or months to find you've reached your place of healing. For some people, after holding everything inside for a long time, they may feel worse before they start to feel better -- similar to unclogging a drain that is stuffed full of gunk -- cleaning it out can be messy until the gunk is cleared out and the pipe is completely unclogged.
4. Bring questions of your own to ask the counselor - this will help them gain a better understanding of where you're coming from and help in building a good relationship with them -- which in turn will help the counseling process and set you on your journey toward healing.

Think through the items above and we'll look forward to meeting you at your first session!