

What is counselling and how will it help me?

Counselling can help you to discuss, in private, any issues that may be affecting you. It may be useful if you feel stuck in a particular situation or way of thinking, and can relieve some of the effects that flow from being affected by crime.

What will happen in counselling?

You and the counsellor will talk about your feelings and situation. Together you will try to find strategies which will help you feel more comfortable in your life. Most counselling sessions last between 50 minutes and an hour. It is up to you how often you attend sessions, but once a week is fairly common to start with.

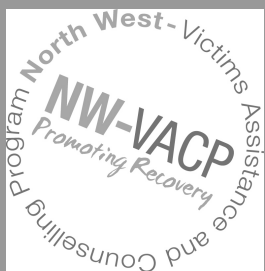
It doesn't matter if you are not sure what to say, counsellors are trained to ask relevant questions and you can start where you want. Unless someone is in physical danger, it is illegal for a counsellor to pass on information to anyone without your permission – so your sessions are confidential.

How do I choose a counsellor?

In order to find a counsellor most appropriate to your needs, you might consider phoning them before making an appointment.

Some questions that might be helpful include:

- ◆ Are you experienced in the particular issues affecting me?
- ◆ What approaches do you use?
- ◆ What knowledge do you have of my culture?
- ◆ What will happen in our sessions together?
- ◆ How would you work with me knowing we only have five sessions?
- ◆ Can you write a report for VOCAT if I need one?



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