

Debbie Wren Counselling  
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## Tips for Approaching Counselling

- Think about your needs, desires, and expectations for your counselling session. Consider reflecting on:
  - Any fears or hopes you have for what you want counselling to achieve
  - Your previous experiences with counselling—what has worked or been challenging

Identify key information you want to share with your counsellor. This might include:

Topics or issues that make you feel anxious, stuck, or overwhelmed

Strategies or approaches that have or have not helped you in the past

It can be helpful to write down your thoughts before your session.

Speak openly and honestly during counselling. Building trust and understanding helps your counsellor support you in finding solutions. Remember, you won't be judged—non-judgement and confidentiality are fundamental principles of counselling.

Keep in mind that counselling is not about receiving advice. Solutions often require time and self-reflection. Be patient with yourself, be willing to put in effort, and work towards living authentically and without fear.

## Challenges You Might Encounter

- Counselling may at times feel confronting, and you could experience strong emotions or discomfort. Allow yourself time after each session to process your thoughts. Writing down reflections can help you remember topics to discuss in future sessions.

- Counselling is a deeply personal experience. Be mindful about whom you choose to share your journey with, as external opinions can sometimes add pressure or confusion.
- Establishing a connection with your therapist is crucial. If at any point you feel that the fit is not right, please say so. Your feedback is valued and respected, and I will assist you in finding an alternative service if needed.

## Ending Counselling

Ending Counselling – Counselling normally concludes by mutual arrangement. However, you are free to end your counselling at any time. If I find my service is no longer appropriate for you, I will discuss this with you and may suggest discontinuing or referring you to a more appropriate service.