

Questions You May Have About Counseling

Do I Need Counseling?

If you have nervous problems such as tension, depression, fears, fatigue, etc. and/or various physical complaints for which your family medical doctor finds no physical basis; if you have a school, sex, or marital related problem; or if you merely feel irritable, unhappy, and/or believe that you are not getting the most out of life, counseling will be of help to you.

How Does Counseling Work?

Nervous symptoms and unwarranted unhappiness are the product of conflicts within you. In counseling, you are helped to understand your conflicts. In this way, it is possible for you to do something positive and constructive about solving them.

If I Cannot Solve My Personal Problems Without Help, Does This Mean That I Am Weak Or That I Am On The Way To A Mental Breakdown?

No. Even if you have no real serious problems, it is difficult to work them out by yourself because you are too close to them and cannot see them clearly. More and more people today are seeking help because they realize this. The mere fact that you chose to receive help is a compliment to your good judgment. It is in no way an indication that you are approaching a mental breakdown. Counseling has helped countless numbers of people to overcome serious emotional problems as well as minor ones, and has enabled many others to increase their working capacities, and to better their relationships with people.

Can Physical Symptoms Be Caused By Emotion?

How Can I Help To Cooperate With The Treatment Plan?

The counselor has only one aid besides his knowledge -- you. Your cooperation and trust in him are essential. You must feel free to talk with your counselor about anything which disturbs you or puzzles you in anyway, including things about the counseling process. By doing this, you have the best chance of shortening your counseling and of insuring its fullest success.

What Will Others Th