

CONSULT

VENTUROUS COUNSELLING

GUIDE

START HERE

SO YOU'RE READY FOR
COUNSELLING? USE THIS
GUIDE TO MAKE THE MOST OF
YOUR FREE CONSULTATION
SESSION WITH YOUR
COUNSELLOR

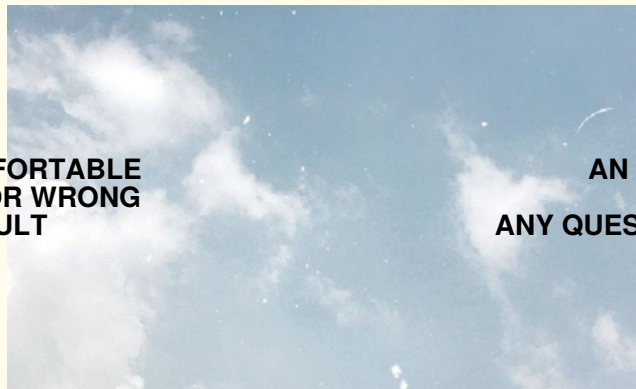
EVERYTHING YOU
NEED TO KNOW

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[@VENTUROUSCOUNSELLING](https://www.instagram.com/VENTUROUSCOUNSELLING)

15 MINUTES FOR YOU AND THE COUNSELLOR
TO SEE IF YOU WILL BE A GOOD FIT
WORKING TOGETHER

PURPOSE & CONTEXT

SHARE WHAT YOU'RE COMFORTABLE
WITH, THERE'S NO RIGHT OR WRONG
WAY TO DO A CONSULT



AN OPPORTUNITY TO ASK
THE COUNSELLOR
ANY QUESTIONS THAT MIGHT COME UP

OF CONSULTS

OVERVIEW

THE

VIBE CHECK

A GOOD COUNSELLOR-CLIENT FIT IS THE MOST IMPORTANT ASPECT TO CONSIDER WHEN PREPARING FOR THERAPY.

IN YOUR CONSULT: YOUR COUNSELLOR WILL ASK YOU QUESTIONS ABOUT ANY PAST EXPERIENCES WITH THERAPY. YOU CAN ASK YOUR COUNSELLOR ANY QUESTIONS IMPORTANT FOR YOU TO KNOW, SUCH AS:

STYLE /
TRAINING
/ WORLDVIEWS

LIVING /
WORKING
EXPERIENCE

& OTHER Q'S
THAT MAY BE
IMPORTANT



THE STRUCTURE RECTURE

VENTUROUS COUNSELLING
+ CONSULTING
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INTRO

INTRODUCTIONS, ENSURE YOU'RE READY TO BEGIN + CONNECT AROUND WHAT BRINGS YOU IN.

CONNECT

FREE-FLOWING CONVERSATION TO ADDRESS ANY CONCERNS / QUESTIONS YOU HAVE, GET TO KNOW EACH OTHER + EXPLORE WHAT COUNSELLING MIGHT LOOK LIKE FOR YOU.

DETAILS TO KEEP IN MIND

SHARE WHAT YOU'RE COMFORTABLE WITH

We acknowledge that trust is earned, even with a counsellor, so share only what you want to share; you're also free to say yes / no / later to any of the questions the counsellor might have for you.

THERE IS NO RIGHT OR WRONG WAY TO DO IT

This is a non-judgmental space for you to explore your options and understand yourself better, in the context of a consultation: to find a counsellor that's a good fit for you!

IT'S OKAY TO NOT KNOW ANYTHING ABOUT COUNSELLING

Or not have any previous experience - we're here to answer any questions you might have and ease you into the process! There are no "bad" questions.

THERAPY IS COLLABORATIVE

While the counsellor can act as a guide, it is YOUR journey. With this in mind, if you are referring a loved one or friend to therapy, it is important they are also a part of the consult.

TO KEEP IN MIND • PART 2

IT'S ONLY 15 MINUTES

Make sure that you're taking care of yourself in not exploring something that might leave you rattled for the rest of the day; have something to help you get back to your day afterwards (like a cup of coffee, or listening to music, or going for a brief walk etc...)

COUNSELLORS SPECIALIZE

Even though we have very similar accreditations, each counsellor you come into consult with might have different expertise and ways of working depending on their own education, personality, worldviews, commitment to anti-oppression, and experiences.

DON'T SETTLE

It can be exhausting to give an elevator pitch about your pain to strangers, AND it is crucial to find a counsellor that you are comfortable with and can work with in your therapeutic journey.

You want to be able to confide in the counsellor you've chosen, so it's important that you get along and feel confident in them.

WHAT IF

STYLE / TRAINING
/ WORLDVIEWS

LIVING / WORKING
EXPERIENCE

& OTHER Q'S THAT
MAY BE IMPORTANT

IT DOESN'T WORK



OUT?

IT'S NOT PERSONAL

THERE'S NO HARD FEELINGS IF YOU DECIDE NOT TO BOOK WITH US!

ALSO

THERE ARE MANY REASONS WHY A COUNSELLOR ISN'T ABLE TO WORK WITH YOU. IT ISN'T BECAUSE WE DON'T LIKE YOU!

FOR EXAMPLE



WHY IT MIGHT NOT WORK

UNAVAILABILITY DUE TO CASELOAD MANAGEMENT

Sometimes counsellors may have too many clients already, or their schedule might not be able to accommodate yours, or the counsellor needs a certain balance of topics / issues when working with multiple clients and might not have the capacity to take on a concern that might require the support you're looking for.

UNAVAILABILITY DUE TO COUNSELLOR EXPERTISE / TRAINING

If you're looking for a specific experience or intervention in therapy, or have other preferences for living experience and analysis, the counsellor might not have the expertise to support you in your therapeutic journey and will ask if you'd want to be referred to someone else to better support you.

AFTER THE CON- SULT

VC
+C

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REFLECT

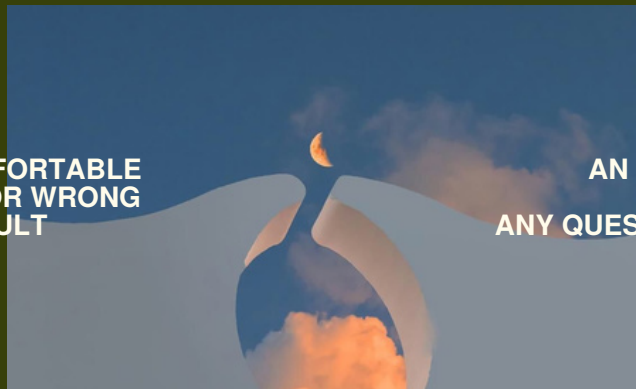
DID YOU FEEL COMFORTABLE OR WERE THERE PARTS THAT FELT “OFF”? WAS THERE ANYTHING THAT WOULD PREVENT YOU FROM CONFIDING IN THE COUNSELLOR?

**LISTEN TO YOUR INSTINCTS.
YOU CAN ALWAYS TRY A COUPLE SESSIONS THEN
DECIDE LATER TOO!**

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READY TO BOOK

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