

BENEFITS

COUNSELLORS ARE EXTENSIVELY TRAINED TO HANDLE THE MOST COMMON MENTAL HEALTH AND WELLNESS ISSUES THAT ARISE. THESE INCLUDE ANXIETY, DEPRESSION, STRESS AND GRIEF. THERE ARE SOME ISSUES THOUGH THAT NEED ADDITIONAL TRAINING.

IF YOU ARE SEEKING SUPPORT FOR TRAUMA, ADDICTIONS OR COUPLES COUNSELLING, I RECOMMEND MAKING SURE THE COUNSELLOR HAS SPECIFIC TRAINING IN THESE AREAS.

FOR TRAUMA, LOOK FOR EMDR OR SOMATIC EXPERIENCING TRAINING.

FOR ADDICTIONS OR COUPLES WORK, THERE ARE A NUMBER OF TRAININGS IN THESE AREAS, SO JUST LOOK FOR ADDITIONAL COURSES OR EXPERIENCE.

REMEMBER THAT YOU ARE THE ONE CHOOSING THE COUNSELLOR, NOT THE OTHER WAY AROUND! AS SUCH, FEEL FREE TO ASK THEM ABOUT THEIR TRAINING OR EXPERIENCE TO MAKE SURE THEY ARE THE RIGHT COUNSELLOR FOR YOU!

IF YOU HAVE BENEFITS, NOTE THAT EACH BENEFITS PROVIDER HAS THEIR OWN RULES AS TO WHAT CREDENTIALS THEY WILL COVER. AS SUCH, BE SURE TO CHECK WHAT CREDENTIALS YOURS WILL COVER.

MOST COUNSELLORS ASK THAT YOU PAY FOR YOUR SESSION UPFRONT AND THEN SUBMIT IT TO YOUR BENEFITS PROVIDER FOR REIMBURSEMENT.

AREAS OF FOCUS

THERAPEUTIC RELATIONSHIP

ONCE YOU CONSIDER THE AREAS ABOVE, A HUGE FACTOR TO CONSIDER IS THE CONNECTION YOU FEEL TO THE COUNSELLOR.

RESEARCH SHOWS THAT THE THERAPEUTIC RELATIONSHIP, OR HOW COMFORTABLE, SAFE AND OPEN YOU FEEL WITH YOUR COUNSELLOR, IS THE MOST IMPORTANT FACTOR IN HOW WELL YOU DO IN THERAPY.

THERE'S NO ONE WAY TO DETERMINE IF YOU WILL HAVE A STRONG THERAPEUTIC RELATIONSHIP WITH A COUNSELLOR. TRY VIEWING THEIR WEBSITE OR SOCIAL MEDIA TO SEE IF WHAT THEY'VE POSTED RESONATES WITH YOU. YOU COULD ALSO ASK FOR A QUICK PHONE CALL TO CHAT WITH THEM BRIEFLY AS THIS MAY HELP YOU DETERMINE FIT.

WEBSITES TO FIND A COUNSELLOR

THE FOLLOWING WEBSITES ARE FANTASTIC PLACES TO BEGIN YOUR SEARCH FOR A COUNSELLOR AS THEY ALL ENSURE THAT THE COUNSELLORS WHO ARE LISTED ON THESE SITES HAVE PROPER CREDENTIALS. YOU WILL STILL WANT TO MAKE SURE THAT THE COUNSELLOR HAS THE DESIGNATIONS THAT YOUR INSURANCE BENEFITS COVER. REMEMBER TO LOOK FOR SPECIAL TRAINING IN THE AREAS OF FOCUS LISTED ABOVE.

WWW.PSYCHOLOGYTODAY.COM/CA/THERAPISTS

WWW.BC-COUNSELLORS.ORG/COUNSELLORS/

WWW.CCPA-ACCP.CA/FIND-A-CANADIAN-CERTIFIED-COUNSELLOR/

