

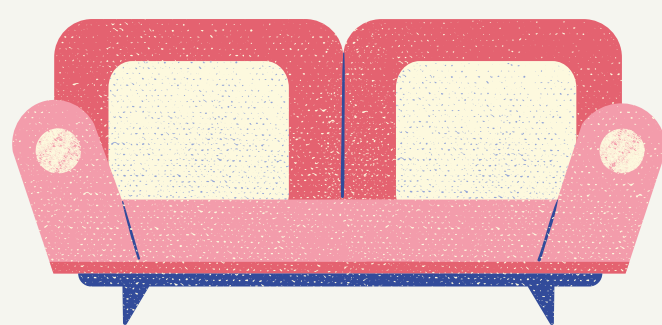
WHAT TO EXPECT DURING COUNSELLING

Counselling can be anxiety-provoking when starting out. Here are some counselling dynamics and things to expect.

COLLABORATIVE EFFORTS

It is important to note that counselling is guided by you. A therapist is there to help guide you on the right path, provide resources and help you work through things.

Both you and the therapist work together to create solutions for issues.



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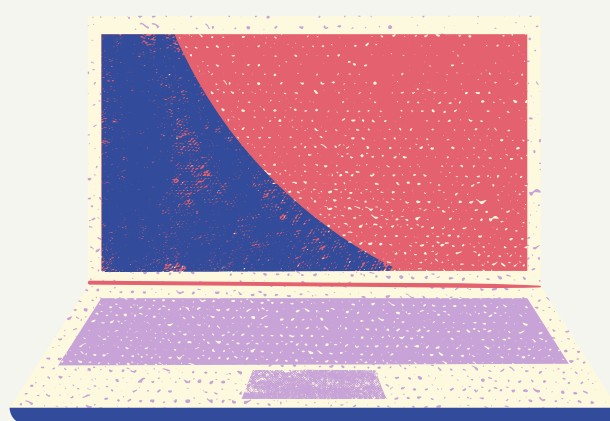
Sometimes, work needs to be done outside of counselling sessions such as journaling, or incorporating strategies and techniques discussed within sessions.

These strategies can be beneficial to help practice new skills.

AT YOUR OWN PACE

Counselling sessions move at your own pace. You choose what you want to share, what you would like to work on, and set goals for yourself.

The goal of counselling is to work on you and goes the pace that you are most comfortable with.



COST OF COUNSELLING

Many insurance companies cover a percentage of the costs of counselling.

Here at One Healing Space, we work with many insurance companies to help with the cost of counselling.

Many university students are covered by insurance provided by their college or university.

