



COUNSELING FACTS

Did you know you can interview a counselor before you start using them? Call and chat with a counselor to see if they are the right one for you. Most insurance companies will pay for your counseling appointment with you paying the same co-pay you pay to see your medical doctor.

The number of counseling sessions can vary greatly. You may want to just have a few sessions to work on one specific timely problem or you may be in counseling a while to deal with deeper issues.

TYPES OF COUNSELING

Individual Counseling

Individual counseling is a personal opportunity to receive support and experience growth during challenging times in life. Individual counseling can help one deal with many personal topics in life such as anger, depression, anxiety, substance abuse, marriage and relationship challenges, parenting problems, school difficulties, career changes etc.

Couples Counseling

Every couple experiences ups and downs in their levels of closeness and harmony over time. This can range from basic concerns of stagnation to serious expressions of aggressive behavior. Marriage counseling or couples counseling can help resolve conflicts and heal wounds. Overall, couples counseling can help couples slow down their spiral and reestablish realistic expectations and goals.

Family Counseling

Family counseling is often sought due to a life change or stress negatively affecting one or all areas of family closeness, family structure (rules and roles) or communication style. This mode of counseling can take a variety of forms. Sometimes it is best to see an entire family together for several sessions. Common issues addressed in family counseling are concerns around parenting, sibling conflict, loss of family members, new members entering the family, dealing with a major move or a general change affecting the family system.

Group Counseling

Group counseling allows one to find out that they are not alone in their type of life challenge. To be involved in a group of peers who are in a similar place not only increases one's understanding of the struggles around the topic but also the variety in the possible solutions available. Typically, groups have up to eight participants, one or two group leaders, and revolve around a common topic like: anger management, self-esteem, divorce, domestic violence, recovery from abuse and trauma, and substance abuse and recovery.

