



COUNSELLING FAQs

I'm not sure counselling can help me?

Counselling is not for everyone, however, when you meet the right counsellor who you can connect with, great work can be done for you to understand yourself better and make life choices that are right for you.

How much will it cost?

You can always look for a local charity to help support you and usually this would be free, or an affordability scale (you do not get to choose your counsellor when using a charity, so it may not prove effective). Private healthcare doesn't mean paying more per session guarantees a better therapeutic relationship, however, you do get to choose your counsellor and finding the right counsellor can be far more effective and so, if cost is an issue, fewer sessions with the right counsellor will in the long run cost you less money.

How many sessions will I need?

Sometimes focused work can be helpful and so, having a limited amount of sessions will focus the mind, remembering though, you will need to work harder between each session to ensure you get the most out of the session. Usually your counsellor will discuss this during the initial appointment and if your issues are deeper rooted then more session may be required. We are all unique and any counsellor who is professionally qualified will only encourage you to have the amount of session that best suit your needs.



II don't have a mental health issue?

There is not a requirement for someone to have a mental health issues to enter the counselling process, counselling is effective as a prevention of issues and will require less time in the therapy room. Remember you are here showing an interest in exploring therapy, thats all that is required to enter a counselling relationship.

How do I know my therapist is right for me?

All good therapists will offer a free assessment where you can meet them and learn more about their practice, and honestly, if you have done research into what would be a good fit with your requirements, then trust your gut feeling. Remember 80% of the therapeutic process is how the two people in the room connect as people.

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