



COUNSELLING & COACHING

KIRSTY MCGOVERN

*Your
Essential
Guide To
Changing
Anything In
Counselling*

**YOU
DON'T HAVE
TO BE CRAZY...**

CHAPTER 4 HOW TO CHOOSE YOUR COUNSELLOR



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'YOUR TURN' WORKSHEET: CHAPTER 4

From "You Don't Have To Be Crazy..." by Kirsty McGovern

Q's To Think About When Choosing Your Counsellor

You don't have to take a note pad and clipboard to your first session (though you can if you want to!) Here are a few questions to consider before, during and after meeting a counsellor.

1) Q's To Ask Your Counsellor

- 1) Have you worked with... (substance use/trauma /trans clients etc) before?
- 2) How do you work with it, what's the process?
- 3) What's your success rate like when working with this?
- 4) Are there any problems that tend to come up when working with this?
- 5) What, if anything, would you suggest I do between sessions to further the work?



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NB – the one question everyone (or almost everyone!) wants to know is how long it will take. This is impossible to say as although two people may have the same condition they're not starting from the same place and there are many other factors involved.

2) Q's To Ask Yourself

1. How do I feel when I'm with this person?
2. How comfortable do I feel speaking to this person about personal parts of my life?
3. How well does the counsellor listen to me and understand what I'm saying?
4. Can I speak up if my counsellor hasn't understood me?
5. Is the counsellor responding in a way that I find useful and can understand?
6. Is there anything else I'd like to ask?

Do you have more questions of your own? If so, I encourage you to ask them. Pay attention to what's important to you and good luck!