

For further information please write to us at:

**RASASC
PO Box 35
Warrington
WA1 1DW**

Or you can telephone us:

Or you can e-mail us at:

support@rapecentre.org

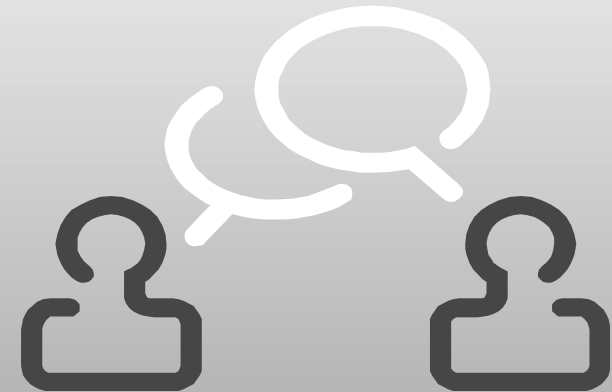
Website

www.rapecentre.org.uk

Registered Charity No:1049826 in England & Wales



What you might expect from Counselling



Rape & Sexual Abuse
Support Centre
(Cheshire & Merseyside)

When people go into counselling they usually do so in the hope of getting some quick release from the distress that they are experiencing at the time. It would be wonderful to feel better straightaway. However, no counsellor has a magic wand to instantly take away our pain, nor do they have a crystal ball and are able to know our exact needs without us saying. Counselling is not like a doctor that can set a broken leg, counselling takes time to heal the mind.

It is important that you talk with your counsellor about what your expectations are, and about what your needs are from counselling. Just like any other relationship, the more you know and can communicate what you want and need from that relationship, the better chance you will have of receiving it. It may well be that you are entering counselling for the first time and not have any sense of what needs to happen other than you want to feel better than you currently feel.

It takes time to establish a trusting relationship with a counsellor, it may take several sessions before you feel comfortable with them. It is important that you go at your own pace. Try not to rush things for a quick fix, or because you feel you owe it to your partner etc.

Change can be difficult, so don't be at all surprised if you are tempted to quit counselling right before

some real changes or breakthroughs are about to happen.

Not all therapeutic methods are right for all peoples needs and situations. If you feel that the therapeutic model used by your counsellor is inappropriate for your needs, try talking it through with them.

Counselling can change your life. It is quite normal to feel some loss and fear because of this. Others around you may resist your changes and growth, and they may need time to adapt to the new you. Counselling is often hard work, and can be emotionally draining at times. After an intense therapy session you may feel exhausted.

Sometimes, therapy can release emotions that have been 'locked in' for many years. It is not unusual, when dealing with buried feelings, for what may well be the first time in your life, for you to feel that you are becoming worse than you were before you started therapy.

Your counsellor should have good, strong, boundaries, and they will avoid dual relationships with you, in other words: personal friendships. You can expect them to be ethical, and treat you with respect.

Becoming a more healthy and balanced person can feel unfamiliar and uncomfortable at first. This is both normal, and to be expected.