

While the specific details of a counselling session can vary based on the counsellor, the client's needs, and the therapeutic approach used, there are some common elements you can generally expect from your first counselling session:

1. Introduction and Relationship Building:

- The first session typically begins with introductions. The counsellor will introduce themselves, provide information about their background and qualifications, and explain the counselling process.
- You'll have the opportunity to share some basic information about yourself, such as your reasons for seeking counselling and what you hope to achieve.
- Establishing a comfortable and trusting relationship between you and the counsellor is crucial. This session is an initial step in building that therapeutic alliance.

2. Assessment and Information Gathering:

- The counsellor will likely ask you about your current concerns, challenges, and goals. They may inquire about your personal history, relationships, work, and other aspects of your life to gain a comprehensive understanding of your situation.
- Expect questions about your emotional well-being, any symptoms you may be experiencing, and how these issues impact your daily life.
- This information helps the counsellor assess your needs, formulate an initial understanding of your situation, and develop a treatment plan tailored to your specific circumstances.

3. Discussion of Counselling Process and Confidentiality:

- The counsellor will explain the therapeutic process, including the frequency and duration of sessions, the approach they use, and what you can expect in terms of goals and outcomes.
- Confidentiality is a crucial aspect of counselling. The counsellor will explain the limits to confidentiality, such as situations where they may need to break confidentiality (e.g., if there is a risk of harm to yourself or others).
- You'll likely have the opportunity to ask questions about the counselling process and address any concerns you may have.

It's important to note that the first session is often a foundation for future work, and the counsellor may not delve deeply into specific issues right away. Instead, they may focus on creating a supportive and understanding environment to encourage openness and trust. Keep in mind that each counselling experience is unique, and the specifics may vary based on the counsellor's style and the therapeutic approach used.