

Heartland Counseling

Questions and Answers

How does counseling work?

People seek counseling for many different reasons: a crisis, a loss, a major life change, to sort things out to have a happier life, or to improve relationships. Counseling begins with an initial meeting to gather information and history in order to develop a plan to meet each individual's/family's needs. Counseling may include individual, group, and/or family sessions.

I've never had counseling before. What is it like?

The first session will be spent filling out a small amount of paperwork, getting comfortable talking to me and giving me a sense of who you are and what kinds of problems you are experiencing. Subsequent sessions will be used to explore issues in more depth and for you to develop new skills. It is likely that from time to time I will give you assignments to do outside the session. It is also likely that from time to time I will challenge old thought patterns. This will probably feel uncomfortable at first.

How many counseling sessions will I need?

The number of sessions depends on several factors, including but not limited to the goals for therapy, the severity of the issues encountered, and of course, your willingness to actively participate. Each session lasts typically 60 minutes. I will do my best to establish with you a regular schedule based on your specific need. A person may come to counseling once or twice or may choose to continue counseling until they have met their goals for life improvement.

Will what I share be kept private?

All of your conversations with Heartland Counseling are completely confidential (except where mandated otherwise by law, as in the case of child abuse and/or elder abuse or imminent danger to yourself or others).

What kinds of issues can you help me with?

My training and experience allows me to deal with a wide range of issues. These include improving your relationships, moving through grief, learning to manage mood and anger, improving the ways you deal with sexuality, reducing anxiety and stress, controlling addictive behaviors, and even serious mental impairment such as psychosis and depression.