



## **Carrie's Approach to the Counseling Process**

I am an advocate of individual, family, and group therapy as a process of change. However, it is important that clients understand the nature of the therapeutic process so that they will know what to expect.

1. Counseling is a collaborative effort between the client and the counselor/therapist. The counselor/therapist only facilitates change; she cannot make changes happen.
2. The efficacy of counseling (the power to produce results) develops through the therapeutic relationship. Therefore, it is important that the client feels safe and comfortable while working with his/her counselor. While this takes time, it also requires that the client be honest about their behavior and any concerns they may have about counseling or their counselor
3. The process of change can be uncomfortable.
  - a) Clients may have insights, memories or otherwise gain information that may be unpleasant.
  - b) Clients may experience loss in relationships as they discover and change behavior.
  - c) Families and individuals often experience escalations in problems before they experience improvements.
  - d) Family members and significant others may be reactive to changes a client may make as a result of counseling.