

THE ROLE OF COUNSELLING

People typically enter counselling because they are:

- hurting
- frustrated
- overwhelmed by a problem

In most cases, a particular difficult circumstance may influence an individual or family to seek counselling eg:

- changed health status and the associated stresses
- loss and grief
- carer stress
- family stress
- relationship difficulties

An awareness of the MIND/BODY/SPIRIT connection is the key to integrative care and provides a strong foundation for counselling.

Definition: 'refers generically to a form of supportive care delivered by trained health professionals. There are differing levels of sophistication depending on the training and experiences of the practitioners involved' ¹

You may decide to see a counsellor when:

- trying to get some perspective on a difficult situation • you need to speak to someone NOW!!
- you are looking for other community resources/services
- you need to adjust to difficult circumstances

The aim of counselling will often vary, and experienced counsellors will tailor their approaches to their clients in a collaborative manner with the individual or family.

The counselling process may include:

- exploration of feelings
- stress management techniques and coping skills
- client education and linkage to community resources
- re-examining the way we think and feel about our life goals and stages, to help adapt to a changed life circumstance.

A positive outcome of counselling will be achieving a level of adaptation that provides relief, peace and wellbeing to the individual and family.

Penny Jacomos SOCIAL WORKER

¹ Clinical practice guidelines for the psychosocial care for adults with cancer. 2003

This information is designed to assist victims and their families, but by no means should be relied on as medical advice. Victims of asbestos related diseases should consult their doctors for medical advice and also to ensure the 'above' is applicable in their specific circumstances.