



COUNSELLEE WELCOME GUIDE

You are welcome here, *exactly as you are.*

Taking the step to begin counselling takes courage. This guide will help you understand what to expect, what is asked of you, and how to make the most of this space we share together at The Vital Mantra.



Confidential

What you share stays within this space, with clearly explained professional exceptions.



Non-Judgmental

There is no right or wrong way to feel. You will be heard without criticism or evaluation.



Your Pace

You decide how much to share and when. Nothing will ever be forced or rushed.

Understanding Counselling

COMMON MISCONCEPTIONS

- Counselling means something is "wrong" with you.
- The counsellor will give advice or tell you what to do.
- You are required to talk about your childhood.
- You need to be in active crisis to seek help.
- Sharing feelings is a sign of personal weakness.
- The counsellor will judge or diagnose you.

WHAT IT ACTUALLY IS

- A brave act of self-care and self-understanding.
- A space where you find your own insights & answers.
- You choose what you explore and how deeply.
- Anyone navigating life's difficulties can benefit.
- Emotional openness is a profound inner strength.
- You are seen as a whole, capable human being.



About Confidentiality

Everything you share in sessions is held in the strictest confidence. There are very limited exceptions — if there is a serious risk of harm to yourself or others, or where required by law. These will always be discussed with you openly before any action is taken. Your privacy and dignity are central to everything we do.

Your Role as a Counsellee

1	Show up, even on hard days Consistency matters more than feeling "ready." Sometimes the sessions where you feel least prepared turn out to be the most meaningful.
2	Share what feels safe to share You are never obligated to disclose anything you're not ready for. Healing happens at the edges of your comfort, not beyond them.
3	Be honest about how you're feeling — including about the sessions If something isn't working, if you feel stuck, or if you need a different approach, please say so. Your feedback shapes the process.
4	Reflect between sessions Notice thoughts, feelings, and patterns in your daily life. These observations are valuable material to bring into your next session.
5	Be patient with yourself Psychological healing is not linear. Progress may be slow, non-obvious, or temporarily uncomfortable. That is completely normal.
6	Engage with any practices suggested When exercises, reflections, or tools are offered between sessions, approaching them with openness supports your progress.

What Happens in a Session

1. Check-in We begin by noticing where you are today — emotionally, physically, mentally. No two sessions start the exact same way.	2. Exploration Through conversation, reflection, and gentle exercises, we explore what is present for you right now.
3. Insight & Meaning-making Together we notice patterns and new perspectives — not to fix you, but to help you deeply understand yourself.	4. Closure & Grounding Each session closes gently, ensuring you feel settled and resourced before you transition back to your day.

Understanding Your Progress

 Progress Isn't Linear Some weeks you may feel lighter, others heavier. Both are natural parts of healing.	 Old Feelings May Surface As you open up, past emotions may arise. This is normal and a sign the work is happening.	 Change Takes Time Lasting change is quiet and gradual. Shifts in perspective often precede emotional changes.
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Practical Agreements

- ✓ **Attendance & Cancellation:** Please attend regularly. If you need to cancel, provide at least 24 hours' notice where possible.
- ✓ **Beginning and Ending on Time:** Sessions have a set duration. Arriving on time protects the full space dedicated to you.
- ✓ **Outside Contact:** Counselling is contained within sessions. For urgent matters between sessions, reach out as agreed during intake.
- ✓ **Ending Counselling:** If you wish to end counselling, please allow for at least one closing session for a healthy transition.
- ✓ **Social Media & Boundaries:** To maintain clear professional boundaries, counsellor and counsellee do not connect on personal social media.

⚠ **In case of crisis:** If you feel unsafe or are experiencing a mental health emergency between sessions, please contact a local emergency service or crisis helpline immediately. Counselling sessions are not a substitute for emergency care.

A Promise — From Me to You

- ❤️ I will hold your story with deep care, respect, and compassion at all times.
- 🔒 I will honour your confidentiality and be transparent when any limits to it apply.
- 🔄 I will follow your lead, never push you faster than you are ready, and always work in your best interest.
- 🗣️ I will be professionally honest — offering observations, not judgements — to support your self-understanding.
- 📖 I will maintain my own supervision and professional development so that I can serve you well.