



FREE RESOURCE · STARTING THERAPY · ABOUT 10 MINUTES

Preparing for your first counselling session

It's normal to feel nervous before your first session. You don't need to prepare anything, but if it would help, here are a few things you might like to think about beforehand.

Questions you might like to think about

Jot down a few notes if it helps. You don't need answers to all of them.

1 What's made you decide to look for support now?

2 What's been on your mind most over the last few weeks?

3 How is it affecting your day-to-day life, such as sleep, work, relationships or energy?

4 What have you already tried, and what has helped, even a little?

5 If counselling went well, what might be different for you?

6 Is there anything you'd like me to know, or anything you'd rather not talk about yet?

7 What would you like to ask me?



On the day

Coming in person

- ✓ Arrive at your session time, as there's no waiting area
- ✓ The entrance is at the top of Percy Road. Press the buzzer for your room
- ✓ The room is on the first floor, up a flight of stairs

Online or by phone

- ✓ Find a quiet, private space where you won't be overheard
- ✓ Headphones can help, and make sure your phone or laptop is charged
- ✓ I'll call you on WhatsApp video or by phone at your session time

What happens in the session

- ✓ Sessions last 50 minutes
- ✓ We'll go through the agreement and confidentiality together
- ✓ You can share as much or as little as you like. There's no pressure
- ✓ At the end, we'll decide together whether to continue

Please fill in the client registration form before your first session, if you haven't already. Questions? Call or WhatsApp 07826 774307.

A gentle note. These tools aren't a replacement for counselling or medical care. If something here brings up a lot for you, it's okay to stop. You don't have to work through things on your own. If you'd like to talk to someone, your first counselling session with me is free: 07826 774307 or therapycare.co.uk.