

6 Actions New Counsellors Can Take to Ensure Their Practice Thrives:

- 1) ***Commit one a day a week to run your business.*** You are not only a counsellor but a business owner as well. Sometimes it is easy to forget that or to think it is not as important as the work you do with your clients. It is important to take a day of week to take care of “the business” which includes having the supplies you need, having your paper work complete, networking, and your marketing. This will help your business run smoothly and add to an experience of seamless service to your clients.
- 2) ***Practice good self care.*** In order for you to stay open and resourceful for your clients, it is imperative that you know how to replenish yourself and put it into practice. Make it a part of your lifestyle versus one more thing on your To Do List. Sit down and write a list of how you can practice self care in large and small doses then design how you will incorporate it into your life. What you need will change depending on your work load and your life. I like to keep an emergency “Self Care Stash” at my office - it is loaded with activities and ideas that are easy and accessible. I regularly schedule time for getaways with family and friends for the larger ‘dose’ variety.
- 3) ***Stay tuned into yourself.*** It is important to stay tuned into yourself both in and out of your sessions. Your ability to attune to your own feeling spaces will benefit both you and your client. This is a huge part of what you are teaching your clients to do; to know themselves and be able to be with any feelings they have. As counsellor it is important that you are able to do the same. Having a direct experience of yourself in the moment gives you more room to be there for another and gives you choice about how you respond to your client.
- 4) ***Suggest a course of therapy.*** This one can feel hard for new counsellors. Some feel they are “selling” to their clients while others feel they are so new they do not even know what it would be. Think about it this way: your clients come in because they are in emotional pain of some sort and they have tried everything they can to fix it. They are looking for help. It is important for you to be able to let them know what they can expect by seeing you. You do not have to commit to when they will feel better as that has a lot to do with them. However you still need to give them an idea of what your next steps will be together and when you will reassess together.
- 5) ***Book sessions in advance.*** Whenever you can book your sessions in advance, you do not leave you or your client with a task to do after the session. In therapy it is common to go into feelings that the client is uncomfortable with and has been avoiding looking at. As those feelings get stirred up and the client starts to learn how to deal with their feelings directly and what supports them, it is helpful for them to know when their next session is and will help them with a sense of safety. For most people it is a hard and courageous decision to start a course of therapy so the easier you can make it for them the better.
- 6) ***Book your Supervision.*** As a counsellor, you work alone with your clients. As therapy progresses you become part of their relationship system. In addition the work that a counsellor does can feel intense at times both personally and professionally; it is imperative to find and create a relationship with a supervisor. This is an excellent way to ensure that you and your clients have the utmost support.

To arrange for supervision sessions with Laura Bradley, call 604.629.7108 now or email info@steadfastcounselling.com



info@steadfastcounselling.com