

What To Expect...



Team Care Addictions Counselling

As you begin your care with our counselling team, an important first step is to ask yourself the following questions:

- What is my goal for counselling?
- Where do I see myself at the end of my treatment?

Then consider the following:

- Prioritize the symptoms and challenges you have been facing so that your counsellor can focus on those ones most important to you. Prepare for each counselling session by thinking about what you would like to discuss.
- Please come prepared. Take home assignments will be provided with the expectation that you bring them completed to your next session. Practicing the techniques you learn in sessions on your own time is an important part of treatment and meeting your goals for wellness.
- Keep a log of your counselling sessions and monitor your progress. Write down and reflect on what you are learning about yourself and the tools you are developing. This reflection and reinforcement can help you be able to apply these tools to real life situations you will experience in day-to-day life.

Team Care Centre Addictions Counselling:

... will be delivered by Regulated Health Professionals and/or Certified Counsellors using best practice therapies and tools proven to achieve results when applied to your individual and specific needs as clients.

...is time-limited and empowers you. Sessions are approximately 45-50 minutes in length. You and the addictions counsellor will work together to establish the frequency of your appointments as well as duration with the program to best meet your treatment needs. If additional support is required at a later date, you can call to refer yourself back into the program or your Primary Care Provider can submit a new referral on your behalf.

...is voluntary and you may end counselling at any time.

... is a harm-reduction based service that supports abstinence, reduction and/or moderation of use. However, we ask that you refrain from attending appointments under influence of substances

...requires that you call at least **24 hours in advance** to cancel or reschedule an appointment. If you miss an appointment you will be contacted by phone to confirm your interest in continuing with counselling. Continually missing appointments without notice may result in discharge from our program.

Principles of Addictions Counselling:

Education: Counselling provides a new way of understanding and thinking about your challenges. Addiction counselling sessions can explore the reasons why the addiction happened such as the behavior and the motivation. This exploration can help you gain insight and awareness of your actions and understand yourself better. This is very important in the process of recovery.

Skill Based: Counselling involves learning a new set of skills to manage symptoms. It teaches a new way of thinking and behaving to help reduce symptoms over time and increase confidence in being able to cope and approach challenges differently.

The Importance of Homework: Homework means consistently practicing the new skills you are learning between sessions, so that they can be implemented into your everyday life. This may include thought records, relaxation strategies, interpersonal communication, self-talk, etc. Unless you practice your skills, you may have trouble utilizing them when you need them the most.

Goal-oriented: Counselling emphasizes the importance of setting and working on specific goals using the SMART (Specific, Measurable, Attainable, Realistic, and Time Oriented method)

Focused on the Present: The therapeutic focus will be on the challenges currently being faced. Although it is helpful to identify things in the past that may be impacting you currently, the main focus is on addressing current symptoms and planning for moving forward.

Maintain Progress and Prevent Relapse: Mental health fitness is a lot like physical fitness - you need to "keep in shape" by practicing your skills regularly. Counselling also helps you to recognize "red flags" or "road blocks" so that you are aware when you may be taking steps backwards or at risk of relapse.

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A program of the Windsor Family Health Team