

What To Expect.....



Team Care 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 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.
- Come prepared. Practicing the techniques that you learn in session 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 Counselling:

... will be delivered by a registered professional using best practice therapies and tools proven to achieve results when applied to your individual and specific needs.

...is time-limited. If additional support is required at a later date, your primary care provider can submit a new referral on your behalf, at least three (3) months after your last counselling session.

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

...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. If we do not hear from you for a period of two weeks, your file will be closed and a new referral will need to be made by your Primary Care Provider to begin services again.

... requires regularly scheduled sessions to be effective in addressing your wellness. If you do not show up for your appointments it impacts your treatment and others who would have benefited from that counselling time. **Two (2) consecutive no show** appointments will result in your file being closed and a new referral will need to be made.

Principles of Counselling:

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 be at risk of relapse.

Education: Counselling provides a new way of understanding and thinking about your challenges. When we are able to understand why we are experiencing mental health concerns (depression, anxiety, etc.) we can start to take steps to manage it better.

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.

Emphasized 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.

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A program of the Windsor Family Health Team