

News from Counselling Training Liverpool



5 questions to ask yourself if you're thinking of becoming a counsellor

You may be thinking about training to be a counsellor, or you may already be in training, either with us, or with another provider. Either way, moving into this profession is a way of life and not "just a job." *But then you know that, right?*

We have put together 5 questions for you to ask yourself about whether counselling is for you and we hope it is! Grab a pen, your journal and think about these questions.

1. Are you feeling energetic and resilient?

Everyone who comes for counselling has a right to expect that their counsellor will be strong enough to pay attention to their needs. If you're personally dealing with a situation, which is making great demands on your emotional resources, consider carefully whether this is a good time for you to take on the extra demands of this type of work and/or training.

2. Are you comfortable with strong feelings?

A counselling session is often a place where hidden emotional feelings emerge. Can you cope with rage, despair, anxiety, depression, not only in other people, but yourself? Can you support someone else feeling these feelings, whilst at the same time noticing how they bring up emotions within you.

3. How do you feel about your own life?

As counsellors, we are certainly not perfect and free from frustration or unhappiness in our lives. Your work as a counsellor will be about helping people locate in themselves the resources they need to live creatively.

If you don't believe that it is possible for you to live a satisfyingly creative gorgeous life, you will hardly convince anyone else that it is possible for them. If you're feeling very negative about your life, then it's important for you to explore that in your own therapy.

4. Do you feel the need to give, give, give?

Those of us who are drawn to the 'helping professions' are often more comfortable with giving than receiving. If you want to help others with their problems but would not dream of seeking help for yourself, you will have limited inner resources left to give as a counsellor.

Looking after yourself is extremely important, whether that be in your own personal counselling or timetabling in self care practices. You have to look after yourself, in order to support others in counselling. Self-care is hugely important and not an area that is talked about much.

5. Do you have patience?

Counselling is a demanding occupation and counsellors have to be reliable; they have to be able to see the work through, they may be working with clients for several years. They also have to have patience in building up their practice, finding opportunities. Do you always want quick fixes and speedy conclusions? Think about whether you are ready and willing to go at the client's pace, with patience.

If you have any questions or are considering training with us at Counselling Training Liverpool, then please get in touch. info@counsellingtrainingliverpool.org.uk