



**What Makes A Good  
Counsellor?**

# What makes a good counsellor?



To be listened to and understood

Giving a small amount of  
'self disclosure' if it will help

Will stick to boundaries

Will not judge the client

Will not offer advice

Should not be putting across their  
own opinions

# To be listened to and understood

It can make a client:

- ❖ Open up to the counsellor
- ❖ Feel safe to disclose their thoughts and feelings
- ❖ Should not feel 'blooked' by the counsellor





# **Give a small amount of ‘self disclosure’**

Sometimes it can help to know that counsellor as been through something similar to the client. It does help a client to know that someone understands them.



# **Will stick to boundaries**

This means that if the session booked is for one hour, then it will be for one hour. A counsellor who visits you at home should stick to the same time limit as if they counselled you in the office. If you can't get rid of the counsellor when they come to see you at home after the allotted time of one hour, then they are being very unprofessional. Boundaries are in place for both of you.



# **Will not judge the client**

When you are talking to your counsellor you should not feel under condemnation. They are not there to judge you. The last thing you want to hear when you are feeling low is: "Well I would never have done that!" Or "What you did was awful!"

# Will not offer advice

Counselling is not advice giving. It is a popular mis-conception that counsellors are there to give advice, they are not. The idea is for you to clarify your thoughts and feelings, and for you eventually to come to your own conclusions about what you want to do in a particular situation





# **Should not be putting across their own opinions**

If you find that your counsellor is trying to put you off doing something, e.g reading a particular self-help book or taking up a new hobby etc, then there is something wrong. It is probably bringing up something for them from their own past, if they are trying to unduly influence you.





If Hanks