

GETTING THE MOST FROM COUNSELING

Counseling is a type of learning – learning about yourself, your feelings, your relationships with others and your values. It is a process that addresses the most central issues of our lives. However, as in any learning environment, you will benefit most from counseling if you participate actively. In addition, counseling will be most helpful if you keep the following considerations in mind:

- ⊖ Have in mind the goal(s) you have for counseling – your counselor will help you establish these goals.
- ⊖ Attend all scheduled sessions, giving some thought beforehand regarding what you want to discuss.
- ⊖ Be honest and open with your counselor. Frequently, the most difficult things to talk about are the most important.
- ⊖ Whatever you learn in counseling, apply it at work, at home, in your life.
- ⊖ Ask questions if you are uncertain about something your counselor has said or done.
- ⊖ Share with you counselor any concerns you may have about the counseling process.
- ⊖ Discuss with your counselor the appropriateness of sharing with others what you have talked about in your counseling sessions.
- ⊖ Periodically, ask your counselor to review the progress you are making.
- ⊖ Tell your counselor when you may feel ‘stuck’ or do not feel like you are making progress.

The process of counseling can be exhilarating at times and quite uncomfortable at other times. It is a partnership between you and your counselor, designed to understand feelings, resolve problems and change behavior. Counseling is most effective when you and your counselor develop a good relationship; identify specific goals and work together to reach them. If your concerns are outside the scope of the services offered by the Faculty and Staff Assistance Program, your counselor will discuss with you other appropriate services on campus or in the community.

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