

counselling

truths & myth-busting facts



truth: you are a strong human, not flawed or broken for going to counselling.

fact: counselling can help explore the impacts of trauma, acknowledge your strengths that helped you survive & explore any changes you wish to make in your life. the impacts of being subjected to sexual violence & abuse (regardless of how long ago it happened) are diverse. your responses to this trauma & what you're experiencing (whatever this may look like) are normal responses to trauma; you are not flawed or crazy.

truth: seeking support in a proactive way is an act of embodied justice.

fact: people who go to counselling have tremendous courage to deal with the impacts of sexual violence & abuse. reaching out for support is often the hardest barriers to overcome. it is by no means a weakness! rather, it is a testament of courage & a courageous first step. you are the courage you show the world & the strength you channel when you're feeling your weakest. you've survived it all, there should be nothing but pride singing from your bones.

truth: the counsellor will compassionately explore human qualities with you.

fact: you were not born flawed. you are not flawed now. you are just human. the things that you don't like about yourself don't need to be removed, they just need your curiosity & compassion. you don't have to worry about counselling bringing flaws to the surface. there may be things that need or want to surface, but in counselling, these things will be cared for, not ridiculed or shamed.

truth: your counsellor will be open-minded to learning with you.

fact: counsellors are people too. no human being has "it all worked out" but counsellors will work with you collaboratively in a safe, supportive environment to work out the stuff you'd like to work out.

truth: you choose if you want to share counselling with your support network.

fact: it is essential that counselling is confidential. confidentiality of our clients is of utmost importance, always. exceptions are only made when there is a potentially serious risk of harm to you, others or when required by law.

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truth: counselling does not have to cost a fortune & work at your pace.

fact: counselling should take as long as it needs to take. although we're all works in progress & we may go through periods when we need the support of a counsellor, counselling is usually not endless. there's really no definite time frame. it's a unique process & is often based on the needs of the person. at GINA, we offer you a fully flexible approach with how many sessions you'd like & frequency.

truth: our counsellors are specialists & backgrounds or experiences.

fact: our team of GINA counsellors have a wide range of experience & backgrounds. They are also specialists in the field of sexual violence & abuse, which allows them to have a greater understanding of how you're feeling & the impacts you're dealing with after being subjected to sexual violence & abuse. regardless of your background or circumstances, counsellors are there to accompany you through a difficult time in your life.

truth: you are a key part of the sessions & counsellors will work with you.

fact: counselling is a collaborative, supportive counselling relationship & process that the counsellor undertakes with you. the counsellor is there for you to jointly explore impacts of trauma, explore options of supporting you when dealing with the impacts & helping you to find the answers that work best for you.

truth: the weirdness of pouring it all out will dissipate after a while.

fact: you're probably right. it may feel a little strange sharing with a person you've just met. but, just like any other new experiences, the weirdness will slowly dissipate once you're familiarised with the process & are comfortable with the counsellor. our counsellors are a part of our GINA magic & are there for you. also, remember you don't have to talk about anything you don't want to.

truth: it might be beneficial, even if you think it's not for you from past sessions.

fact: it depends on the type of counselling you received, the time you received it or whether you 'clicked' with your counsellor. it may be the case that you didn't get the specialist support you needed, at the time you needed it to explore the impacts of sexual trauma; if now feels like the right time, we're here for you.