



Frequently Asked Questions About Counseling

Q WHAT EXACTLY IS COUNSELING?

A: Very simply put, counseling is talking with a trained mental health professional to collaboratively work through a problem. Counseling is commonly referred to as talk therapy, because it involves an open dialogue between you and the counselor

Q WHY SHOULD I GO SEE A COUNSELOR? I'M NOT MENTALLY ILL OR CRAZY.

A: People choose to visit a counselor for many reasons. These include getting assistance with achieving work-life balance, stress management, feeling depressed, conflict at work, parenting support, relationship issues, and grief. Talking to friends and family about a problem can be helpful. However, a counselor is going to be neutral and provide a different perspective on the issue.

Q I THINK I HAVE DEPRESSION AND WANT MEDICATION. CAN'T THE COUNSELOR WRITE ME A PRESCRIPTION?

A: This is a very common misconception! A counselor is a trained mental health professional who is qualified to provide counseling. Counselors cannot prescribe medication. However, the counselor might recommend that you be evaluated for medication by a psychiatrist. A psychiatrist is a medical doctor with specialized training in the medical treatment of people with mental health disorders. A psychiatrist can prescribe medication.

Q WHAT QUALIFICATIONS DOES A COUNSELOR HAVE?

A: A counselor is a mental health professional who has, at a minimum, a master's degree in social work, psychology, counseling, or another related field. Additionally, the counselor has undergone a rigorous process to obtain licensure or registration in order to independently deliver counseling services. The counselor is also required to take a certain number of continuing education classes to remain updated on the most current counseling modalities and techniques.

Q I CAN TELL THE COUNSELOR ANYTHING, AND HE OR SHE CANNOT TELL ANYONE ELSE, RIGHT?

A: The short answer is yes. More specifically, everything you discuss with the counselor is confidential, unless you state that you're having suicidal or homicidal thoughts, or if you disclose that a child or adult is being abused.

Q IS COUNSELING COVERED BY MY INSURANCE?

A: Health insurance benefits vary, so contact your health insurance company directly to discuss your mental health benefits.

Perry, L. (Reviewed 2018). Frequently asked questions about counseling. Raleigh, NC: Workplace Options.

Contact us today!

Confidential support, guidance and resources are available 24/7.

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