



What Can I Expect with CHOOSE 180 Counseling?

“What is it like?”

Counseling is a conversation about you—your life, your story, your hurts. We’ll take time to build the relationship and build trust. Counseling is not a space of judgement, but an environment of acceptance and compassion.

“Where will sessions take place?”

Our sessions should take place in a setting where there are few distractions, and we can also talk about what works for you to feel comfortable enough to share openly. We can talk about community location options that work well.

“How long is a session?”

Sessions are usually 50 minutes long, but we can also discuss what works best for our schedules. Although, the first few sessions will be longer because we will use that time to do more paperwork to get everything set up properly.

“How long will I be in counseling?”

There is no magical amount of time to stay in counseling, and the goal is to help you feel supported and to find your inner strength, so that’s a conversation we can continue to have.

“Is what I share confidential?”

Absolutely, anything you share is highly confidential with a few specific exceptions. The only reasons to share information are: if there are threats to health and safety (this does not require permission); and, if you give written permission; and finally, if you are of a certain age, your caregiver has access to your health information. Ultimately, I put your trust, safety, confidence and confidentiality as the top priority.



“Does being in counseling mean there’s something wrong with me?”

Nope! It means you want support and encouragement and to have someone take your story seriously. That is a healthy, wise and difficult thing—it is the opposite of being weak.

“What is expected of me?”

The main expectation is that you are real and present—that can feel like it takes work, but it should also be life-giving. If we can both bring ourselves and be present in the time together, we will likely feel strengthened.