



ideas to assist with life's challenges

Getting the Most from Counseling



- 1. Come Prepared:** Come to your session with specific topics, issues and concerns that you would like to address. Because we provide short term counseling, making the most of our time together is essential.
- 2. Be Honest:** The heart of all successful counseling is sincere and honest communication with yourself and the therapist. The old adage that “truth hurts” may at times be accurate, but remember that “lies can kill”. Being honest with yourself is an essential ingredient to a successful outcome.
- 3. Change Yourself:** Focus on what is in your control. It is almost instinctive for us to focus on things we don't have control over rather than the things we do. If you want to change the quality of your life, you need to start with looking at your own behavior and being accountable for making change. Just remember...a positive change in yourself will often have a “ripple effect” on the relationships around you.
- 4. Rely on Effort, Not Magic:** It's very common to expect that counseling is some sort of magic that happens in the therapist's office. In reality, the time and energy you spend in the therapist's office is a drop in the bucket compared to the effort and energy it will take to make changes in real life. In order to create substantial and sustained change, you must be willing to work hard outside of therapy. For example, the therapist may recommend reading or homework to support the therapeutic process.

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For more information or free
counseling call Intermountain
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