

Why go to counseling?

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Everyday of our lives we make choices - from the very mundane like what to have for breakfast or which shirt to wear - to the life changing like taking on a new job, asking for one's hand in marriage, or moving somewhere you've never been. However easily these questions (and others) may be answered by some, there are many who have difficulty because the answers are not always so clear. Counselors/therapists are people that can help in these moments of uncertainty. Whether it is a few hours of voicing your concerns or several months of assistance, a counselor can help you tackle your life's challenges more easily.

There are also people who find themselves requiring help with specific issues and disorders such as: substance use issues, anxiety problems, ADD/HD, depression, bipolar disorder, having young children in the middle of family issues, couples trying to work out their relationship differences, etc. The reasons for which individuals enter into a counseling relationship are almost as numerous as the population. In our fast paced society we can often find ourselves having difficulty keeping up with all of our responsibilities. This issue is compounded by the fact that our world is expanding by the use of computers, cell phones, and other technology which paradoxically is creating a world where human interaction is declining at the same rate. As a result, people can feel disconnected and alone. Some believe that there is no where to turn or that their concerns/issues may not warrant the type of intervention that a counselor or therapist might suggest. That is simply untrue. A counselor will be there for you regardless of the size of your problem. And they can offer approaches to solutions that you would never have thought of because they have both objectivity as well as professional training.

Many of the concerns that people bring to counseling can often be addressed fairly quickly. However, when we feel that our issues are not extensive or 'bad' enough to bring to a counselor, we put it off. Then the issues can grow to the point where they become too much for us to handle creating negative side effects in our lives, relationships, and careers.

Counselors/therapists deal with an array of life stressors every day. They are the ones that can assist you in defining a life course, help you find your way out of the bottomless pit you may have created, deal with the feelings of loss, help you stop drinking, identify new ways to handle stressful situations and be an unbiased ear and voice for you whenever you need them.

If you or someone you know is having some type of difficulty, call a counselor. Many will discuss with you over the phone the nature of your concern and whether or not they are the right person to assist you. Nearly all aspects of counseling are confidential. If you are not sure what is, just ask. Most insurance and Medicaid (MaineCare) will pay for counseling and most counselors offer a sliding scale for those who wish to pay by other means.

To find a counselor, ask your friends/family, ask your family physician, or flip open the yellow pages. The phonebook usually separates counselors into their different specialties of counseling which may help you find the type of counselor that will work best for you.

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