

Counselling Approach

Professional

At Riverbend Counselling Services we have appropriately educated and experienced counsellors committed to a professional approach in therapy. It is of utmost importance that we deliver these services with the highest ethical standards by adhering to the "Professional Code of Ethics and Conduct" as set out by PACCC (Professional Association of Canadian Christian Counsellors). For more information on this, see www.paccc.ca

Interpersonal

Counselling is an interpersonal and therapeutic method of intervention used to aid clients in problems of life, increasing the individual's sense of well being and reducing discomfort. We employ a range of techniques based on relationship building, dialogue, cognitive, emotional and behavior change that are designed to improve the mental health of a client and their relationships. We place high value on all aspects of need: emotional, relational, physical, mental and spiritual.

Confidential

High value is placed on confidentiality. It's of vital importance that clients are able to share anything in our presence, confident that it will not be discussed elsewhere. There are limits of confidentiality—for example, if the client presents a danger to him/her self or others. Those type of situations are clearly explained in the first session.

Respectful

Our counselling is based on the fundamental value that each person has intrinsic worth as a human being, and that every person's story has meaning. Attending therapy is an act of courage. Therapy can feel "risky" as a person decides to share things that are rarely/never discussed. A client allows him/herself to be vulnerable with the counsellor in a way that is rarely experienced elsewhere. We are therefore committed to dignifying our clients and making this a safe place for the pain and the risks taken to discuss difficult issues. Even maladaptive behaviour that is often poorly understood likely has an underlying reason deserving of respect.

Hopeful

People with deep concerns and troubling circumstances often feel as if they are the only ones with this "problem", that they are more "messed up" than most people, or that feeling better is only a wishful thought. Along with empathy, we offer hopeful perspectives, education about the issues clients face, and support to try new strategies. We cannot provide a guarantee of outcome, but we will do our best to assist. If we need to find other resources to help a client, we will do that as well.

Collaborative

It is important that each client actively participate in establishing goals in collaboration with the counsellor. We will provide input, ideas, guidance and feedback throughout the process. Together we will determine the frequency of your sessions, focus of discussion as well as how the discussion is followed up (ie. with assignments, etc.). Our counsellors want each client to be the primary and active participant in the process. The therapy we provide is not something done "to" the client, but is a process done together "with " the client.