



WELLELDER

Ph 04 380 2440 | www.wellelder.nz | administrator@wellelder.nz

A community trust providing specialist counselling for older people from Wellington through to Kāpiti

What happens in a counselling session?

Counselling provides an opportunity to talk about all sorts of things which may be worrying you, big or small. We all face challenges as we age and whatever we experience – the loss of friends or family, where we live, coping with daily demands of life, anxiety, and depression – can all be brought to counselling.

It is natural to feel nervous about contemplating counselling for the first time,



A WellElder counsellor

but talking with a counsellor can leave you feeling listened to, less burdened and clearer about living in accordance with your priorities.

Knowing what to expect can help you feel more prepared. You may like to explore our website (www.wellelder.nz) which includes comments from clients and profiles of staff. To get the most out of your session, it may be helpful to write things down in advance, so

that you remember the things you most want to talk about.

Older people are used to getting on with life themselves, but many clients are surprised to find their counsellor is so easy to talk to. Counselling is about building a trusting relationship with someone who will not judge or criticise, so that you can look at what works for you in life. Counsellors do not usually give advice, but will help you to find your own insights and understandings.

WellElder provides low cost counselling for older people

In 2017 we held 989 individual counselling sessions and ran 36 group sessions for 290 clients.

- *We rely on a DHB contract to provide the service.*
- *We ask clients contribute towards the cost of counselling as they can, from \$10.*
- *Donations and additional funding are necessary to cover the full cost.*

Talking with a counsellor can leave you feeling listened to, less burdened and clearer

If you are not sure where to start, your counsellor is an experienced professional, who will support you to start exploring. In your first session, your counsellor will:

- Outline our service, including discussing confidentiality, session length, and contributing towards costs,
- Begin to understand your concerns. This can include asking you to indicate how you have been feeling over the past week and how your relationships are with others,
- Decide with you where the focus of your counselling will be, based on your story. This does not need to be rigid or fixed, and you and your counsellor can revise this as you proceed. The aim is for you to start to feel safe and confident discussing whatever is important to you,
- Ask for feedback about what has been helpful or unhelpful in this session.

The first session includes the opportunity to decide whether there is a good fit between you and the counsellor, to do the work you want. You can decide whether you would like to continue, or perhaps change to a counsellor with a different approach.

We take it as a sign of strength when people decide to investigate counselling, perhaps for the first time in their lives. For many people, counselling can be helpful in finding a pathway through difficulties.

If you are unsure about whether counselling is for you, please feel free to ring us at the office to ask question and have a chat. You can ring us on (04) 380 2440, Tuesdays to Thursdays.

If you want to make a counselling appointment you are likely to see one of our five counsellors within two weeks.

Become part of the WellElder community in Wellington.... 

Signup for information and invitations to events to support WellElder

Name: _____ Email: _____

Donate to us by post to 94 Riddiford Street Newtown, or by direct debit to bank account 06-0574-0223422-00 (ANZ Kilbirnie)

We are a registered charity (CC31682) – Your donations are tax deductible