

Short-Term Counselling

Managing all the responsibilities and challenges in your life is a big job, and sometimes you need a bit of help to get through tough times. Short-term counselling offers a solution-focused counselling approach that focuses on enabling individuals, couples and families to develop the skills necessary to solve their life problems. Confidential counselling at no cost to employees is provided for a full range of personal and work-related challenges or life events.



Work on your life challenges!

- ▶ Need help now? This short-term counselling model typically meets client needs within two to five counselling sessions. Feel free to re-access this or other services throughout the year for different issues.
- ▶ The goals of the short-term counselling model are:
 - ▶ To help each client focus on goal setting and problem resolution,
 - ▶ To enable the development of coping and problem-solving skills,
 - ▶ To educate clients and their families in self-management techniques, and
 - ▶ To provide ongoing management of cases referred for longer-term therapy.
- ▶ Not sure if your issue can be covered? Short-term counselling addresses a range of common concerns, which could include relationships, family and parenting depression, anxiety, grief, stress management and work-related issues.

Call now to get started!

1.800.655.5004 *(Translation to other languages available)*

1.888.384.1152 *(International, call collect)*

604.689.1717

One call is all it takes to start getting back-on track.

Within the short-term counselling model, a Homewood Human Solutions counsellor is likely to engage you by:

- Asking you to envision your future without today's situation, or with today's problem resolved.
- Encouraging you to identify and do more of what is already working and move away from what has not worked in the past.
- Helping you to identify obtainable goals and explore and implement specific solutions.
- Helping you understand how and what you think in relation to the situation, and gain insight into your thoughts and reactions to the problem.
- Enabling you to see yourself as competent to overcome the problem, change your reactions, and improve the situation over the phone, or through the internet.



Where ideas work



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