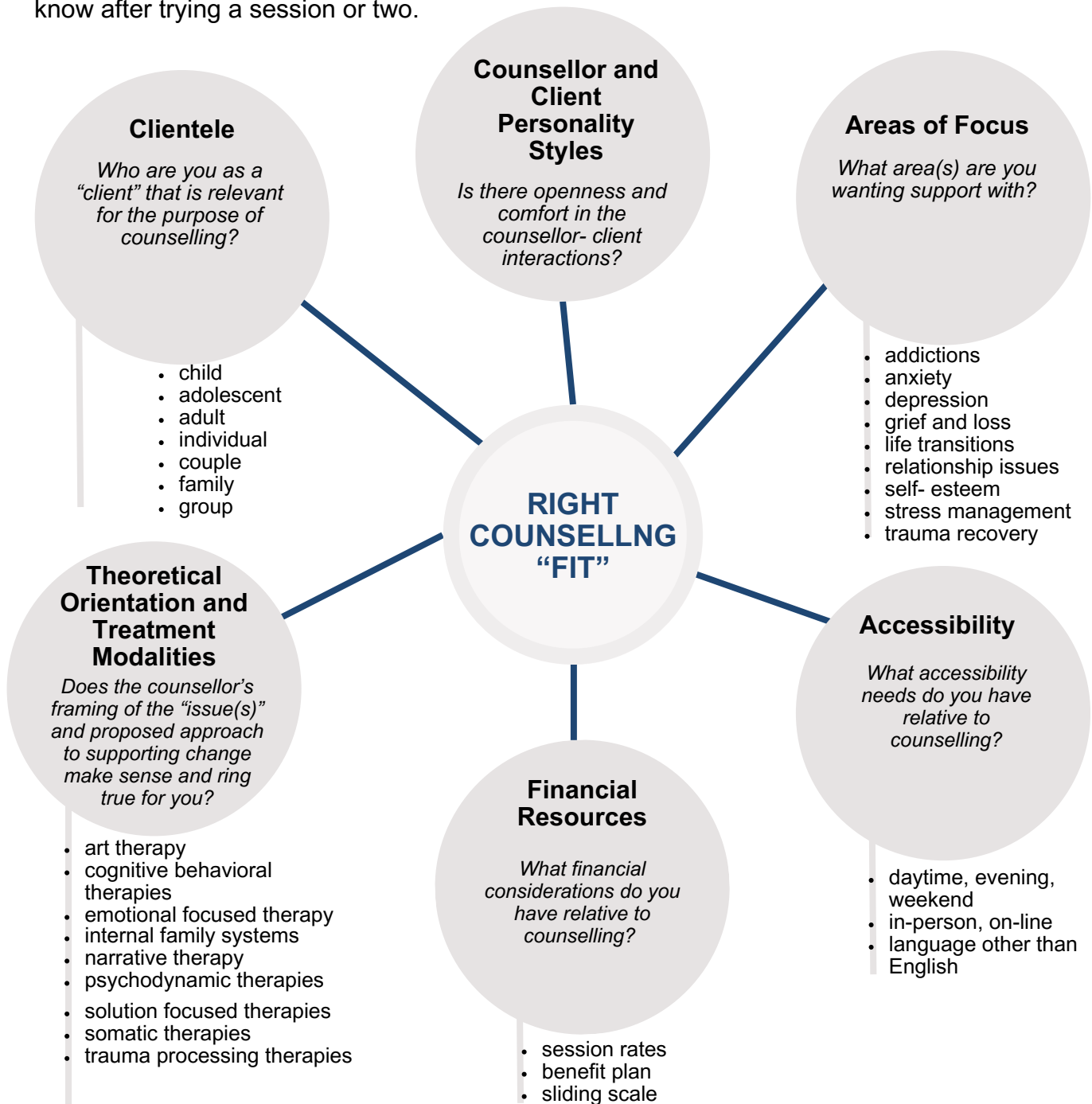


# Finding the Right Counselling “FIT”

TRAUMACHANGE

There are lots of things to consider as part of finding the right counselling “fit”.

Some of them you might be able to sort through by asking questions if someone is referring you, or by reading information on a website. Other considerations you will only know after trying a session or two.



- **Intention** *Does the intention of the approach match what I want and need: exploration? support? symptom management? solving forward? recovery?*
- **Larger Context** *Does the approach consider larger context that is relevant to the “issue(s)” and areas of focus e.g., inter-generational trauma, cultural expectations, intersectionality?*
- **Empowerment** *Does the approach empower me sufficiently?*
- **Wholeness** *Does the approach support my wholeness and incorporate other things that are important to me e.g., spirituality?*