



Frequently Asked Questions

Q: How is this different from talking over my problems with a friend?

A: It can be very useful to talk over our problems with someone we trust, like a friend. It gives us a different perspective and it helps for us to put our worries into words. However, you may find that sometimes this isn't enough. Our counselors also listen to your problems. But they have years of training and experience in helping you look at your problems in different ways and helping you take practical steps to alleviate the worries or low feelings you may have.

Q: Should I take medication for my problems

A: Your doctor can help you with this question. Many people like to try "talk therapy" before they try using medications. Some people with serious depression find that medication and counseling work well together. Your counselor can help you identify the information to give to your doctor so you and your doctor can decide if medication is best.

Q: How long does counseling take? How many sessions can I expect to need?

A: Sessions are typically 50 minutes. Some people start by coming once a week for a few weeks, then they come less often so they have time to try out the changes they and the counselor have identified. Often a person feels better within 4 or 5 sessions. But some people decide that they are making progress and want to come for a longer period of time. Your counselor will encourage you to only come for as many sessions as you need. You decide how long to participate in counseling.

Q: Is what I say in counseling kept confidential, that is, just between me and the counselor?

A: All Holbrook counselors follow the confidentiality requirements of our profession and of the State of Illinois. What you say in counseling will be kept confidential with only rare exceptions when your safety or the safety of another person is at risk. Your counselor will explain confidentiality to you at the first session.

Q: What happens at the first session?

A: You'll have a chance to meet your counselor and learn some things about them so you can decide if you want to work together. The counselor will ask about your background and the issue that brought you into counseling. It will be a conversation where you get to know each other.

Q: Do you only work with Catholics. Is religion a topic in all counseling?

A: At Holbrook Counseling we work with people of all different faiths and those with no active faith life. It is a principle of Catholic Charities that we help everyone in need. Some people want to discuss faith issues in counseling and if you want to do so, the counselor will be ready to work with you. But it's certainly not required.