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## Therapy: Is it Right for You?

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If you are having difficulties coping with a personal problem or a stressful life situation, counseling may be beneficial to help you resolve or manage the situation. By seeking professional assistance, you may learn new ways to manage these problems.

### Who Needs Counseling?

People who feel overwhelmed by thoughts, feelings, actions and relationships may impair their ability to function effectively in their daily life. People seek the assistance of a professional counselor for a wide range of problems, including depression, marital or family issues, stress and anxiety, eating disorders, substance abuse and addictions, low self-esteem, communication problems, unexpected crisis and mental illness.

### How Therapy Works

“Talk therapy” is based on the concept that developing a trusting, confidential relationship with a professional counselor and honestly exploring one’s feelings, concerns and emotional needs can bring greater insight into the difficulties one may be experiencing.

Therapy is not an easy or quick process. You will need to make a commitment to actively participate in the process. You should be willing to explore feelings, memories and thoughts, even though it may cause you emotional discomfort. While situational problems may be treated in a few sessions, chronic or deeply rooted problems can take longer to manage and resolve.

### The Counselor’s Role

The counselor’s job is to serve as a guide and a listener. A counselor can help encourage one to explore difficult issues and identify feelings, thoughts and memories that may be causing conflict. By providing guidance and direction and suggesting interpretations of what you may be experiencing, the counselor can help you navigate a path to wellness.

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### Additional Information and Counseling Resources

Call us for the support that you need. 1-888-290-4EAP (TDD: 1800-697-0353) or go to [www.GuidanceResources.com](http://www.GuidanceResources.com). Agency ID: FEDSOURCE