Counselling: Frequently Asked Questions

This document answers commonly asked questions about counselling at our Collaborative Care Centre. If you have a question that we haven't answered in this document, please don't hesitate to contact us.

Is my concern significant enough for therapy?

If a concern is on your mind enough for you to be asking this question, then it's absolutely worthy of exploration in counselling.

What happens during the appointments?

Your initial appointment is an opportunity to discuss what brings you to therapy, your unique situation, history, and what you hope to achieve.

Subsequent sessions allow for a meaningful exploration of issues, development of practical strategies, and fostering insights for lasting change.

All conversations with a psychotherapist are confidential and provide a safe space for you to explore your thoughts, feelings, and experiences without judgment.

What if I don't know what to say or where to start?

It's completely normal to feel unsure about what to say, especially in your first few sessions. Please know that you don't need to have it figured out before you arrive. You're always in the driver's seat, and we encourage you to share whatever feels important to you at that moment. However, if you find yourself feeling stuck or unsure, we're here to help. We can ask questions that gently prompt introspection, encourage deeper discussion, and facilitate new discoveries at a pace that feels comfortable for you.

Our goal is to create a safe and supportive space where you can explore your thoughts and feelings freely, without pressure.

What is your approach to counselling?

Everyone's situation is unique. Our counsellors work collaboratively with clients to determine the best approach to support their individual journey towards well-being and achieve their desired goals.

How long does a typical counselling session last?

The duration of a typical counselling session is 60 minutes.

How often will we meet?

That's up to you. We can make a recommendation based on the initial session, but the appointment frequency is up to you.

How long will I need to be in counselling?

That's also up to you. Our goal is to support you in the process of gaining the insights, skills, and confidence you need to navigate challenges independently.

Some people find just a few sessions are enough to address a specific issue, while others prefer longer-term support for deeper exploration or ongoing personal growth. We'll regularly check in about your progress and goals, ensuring counselling remains helpful and aligned with the desired outcome.

What is the next step to begin counselling?

The next step is easy: simply reach out to us to set up your initial appointment. Book a time in person at our front desk, by phone at 613-253-2112, through our app, or online.

About Heritage Community Fitness

We believe healthy people create healthy communities.

Heritage Community Fitness is a locally owned Carleton Place integrative health facility that combines a state-of-the-art fitness centre, group fitness classes, and physical rehabilitation services under one roof.

We are the largest integrative health facility in Ontario to offer a comprehensive fitness centre along with complementary health care services such as chiropractic, counselling, exercise rehabilitation, fascial stretch therapy, naturopathy, nutritional services, personal training, physiotherapy, paediatric physiotherapy, pelvic floor therapy, registered massage therapy, prenatal massage, and TMJ therapy.

©Copyright. All rights reserved.