



# Counselling - Are You Crazy?

By Val Warner BA MSW RSW

Many people still cling to the archaic and damaging belief that going for counselling is a sign of craziness. Its not!

In fact, in my experience over the years as a registered social worker, I've found the opposite to be true: It's the cream of the crop who seek more education in any area, be it parenting, self-esteem, assertion training, or stress reduction. Smart people want to learn how to master problem areas.

Another notion is that 'all counsellors are crazy and should be therapy themselves.' The first part of this statement is true - counsellors have just as many hangups and issues to deal with as the rest of the population, however, we do go for counselling, and in droves. We also encourage our children, partners, and relatives because we know talking to the right person can help to speed up positive results.

The key work is 'right' person - right for you. You, and only you can be the judge of whether it's a good match. As in learning anything, the teacher must be on your wavelength or very little progress is made, be it piano lessons or therapy of any kind. Give at least two sessions a try, and if nothing is clicking, try someone else. Trust your instincts.

Another common myth is that counselling is a long, sad, painful journey. Not necessarily so! Most people don't have time for the old-fashioned therapy that involved endless sessions dredging up past hurts. Learning can take place through laughter as well as through tears, and is often short-term and based on, "Where do we go from here?"

If you're having problems coping with the people closest to you, or you feel you are your own worst enemy, don't wait until most of your life is over before getting help. You'll find personal enrichment and you'll be a great role model to your children to take action when their morale needs boosting.

Val Warner, BA MSW RSW, has her own counselling practice called Walk & Talk Counselling for Women. She helps stressed-out women to get more joy out of life and to improve family harmony. Val also gives presentations to women's groups and can be reached at phone/fax (403) 284-1999 or e-mail her at [val@walkandtalkforwomen.com](mailto:val@walkandtalkforwomen.com)

©Copyright Val Warner

For reprint rights contact Val at (403) 284-1999 or by e-mail at [val@walkandtalkforwomen.com](mailto:val@walkandtalkforwomen.com)