



MELBOURNE
COUNSELLING
CENTRE

Here for you. Backed by care.

Your Mental Health Matters

Support, Understanding
and Positive Change



Compassionate care.
Professional support.
Stronger together.



Individual
Support



Relationship
Counselling



Mental Wellness
& Growth

SAFE SPACE. REAL CONVERSATIONS. LASTING CHANGE.

How to Get the Most Out of Counselling

Counselling is an investment in your mental health and wellbeing.

While your counsellor provides professional guidance and support, lasting change happens when you actively participate in the process. The more engaged you are, the more likely you are to experience meaningful and lasting improvements in your life.

Be Open and Honest

Counselling is most effective when you are as open as you feel comfortable being. It's okay to say you're nervous, unsure where to start, or finding something difficult to discuss.

Attend Regularly

Regular sessions help build trust, develop coping skills, monitor progress and work through challenges over time.

Be Patient with Yourself

Meaningful change rarely happens overnight. Personal growth takes time, practice and self-compassion.

Set Realistic Goals

Work with your counsellor to identify goals such as managing anxiety, improving relationships, building confidence, coping with grief or developing healthier habits.

Practise Between Sessions

Apply new strategies, complete reflection exercises, keep a journal, challenge unhelpful thinking and prioritise self-care between appointments.

Making Counselling Work for You

Your counselling sessions are a collaborative space. Asking questions, sharing feedback and recognising progress can help you stay actively involved in the process.

Ask Questions

If you don't understand something or want more practical strategies, ask. Your sessions are for you.

Give Feedback

Let your counsellor know if you'd like to change focus, try different approaches or discuss your progress.

Celebrate Small Wins

Recognise improvements such as feeling calmer, sleeping better, setting boundaries or communicating more confidently.

Be Kind to Yourself

Healing isn't a straight line. Setbacks are normal and progress takes time.

Remember Confidentiality

Your counsellor will explain confidentiality and the limited circumstances where information may need to be shared to protect safety.

You Are an Active Participant

The best outcomes occur when you attend regularly, participate openly, practise new skills, reflect on your progress and remain committed to your goals.

Key Takeaways

A few simple principles can help you approach counselling with greater confidence and purpose.

- Be open and honest.
- Attend sessions regularly.
- Be patient with yourself.
- Practise strategies between sessions.
- Ask questions and give feedback.
- Celebrate small wins.
- Counselling is a partnership.

Professional online counselling for individuals and couples across Australia.

"Every step you take in counselling is an investment in a healthier, more fulfilling future."

Melbourne Counselling Centre