

# Myths associated with Counselling and Psychological Services(CPS)

**\*Myth 1: Counselling is only for people who have serious mental and emotional problems/ disorders / sickness.**

**Fact:** *Counselling is a lot more than just that! Like good physical health, good mental health is as important for your general well-being. Counselling and Psychological Services (CPS) equip counsellors with students in new coping skills and counselling is often a journey that students can take to achieve their maximum potential in life. One can go for counselling even to get better at certain skills, e.g., enhancing self-awareness, divergent thinking skills etc.*

**\*Myth 2: Counselling is just 'talking' .**

**Fact:** *Counselling is a deep process of uncovering and reorganizing emotional material for clarity and problem solving.*

**\*Myth 3: Anyone can be a counsellor.**

**Fact:** *A counsellor/Counselling Psychologist should have thorough knowledge in human development and clinical, counselling psychology. In addition he/she must possess expertise in counselling techniques.*

**\*Myth 4: Seeking counselling is a sign of weakness.**

**Fact:** Contrary to this statement, admitting that you need help is often the hardest barrier to overcome. It is not a weakness! Rather, it is a testament of courage and a first step towards self-improvement.

**\*Myth #5: If I go for counselling, everyone will hear about it.**

**Fact:** At Counselling/Psychological Services, confidentiality of the counselee is of utmost importance. Exceptions are made only when there is a potentially serious risk of harm to the individual, others or when required by law. Counselling/Psychological Services goes to great lengths to ensure that students are comfortable when seeking counselling through confidentiality.

**\*Myth 6: Counsellor will use my secrets against me.**

**Fact:** Counsellors keep what is discussed in the therapy room within the therapy room and never use it against you.

**\*Myth 7: The counsellor will tell me what my problems are and how to 'fix' them.**

**Fact:** Contrary to a common misconception, counselling is not a quick cure. Rather, it is a process that the individual undertakes with the counsellor. The counsellor is there for the individual to jointly explore his/her concerns, examine

options and help the client find the answer that best works for them.

**\*Myth 8: The counsellor's job is to give me advice.**

**Fact:** The counsellor's job is to help you reorganize your emotional material and help you build skills so that you can solve your own problems. The counsellor's job is to help you reorganize your emotional material and help you build skills so that you can solve your own problems. They are not advisors rather they are the facilitators.

**\* Myth 9: If I go to counselling, they' re just going to give me a pill.**

**Fact:** There is no fix-it-all pill in counselling. Counsellors do not prescribe medication to clients. Rather, counselling is a unique journey that individuals undertake with the clinician in working through their needs and concerns.

**\*Myth 10: It' s weird pouring out my concerns to a stranger.**

**Fact:** You're probably right. It may feel a little strange sharing with a person you've just met. But, just like any other new experiences, the weirdness will slowly dissipate once you're familiarised with the process and are comfortable with the counsellor.

**\*Myth 11: A Counsellor cannot understand me unless we have similar experiences and background.**

**Fact:** While counsellors may not have similar experiences as you, they are trained to be respectful of individual diversities. Regardless of your background or unique concerns, they are there to accompany you through a difficult time in your life.

**\*Myth 12: Friends and family members should do counselling for each other.**

**Fact:** Family and friends cannot impartially see each other's strengths and weaknesses like a counsellor, nor do they have relevant training, so they should not officially counsel.

**\*Myth 13: Clients/Counselees are passive in the therapy process.**

**Fact:** Clients must be highly active for therapy to work as they are constantly building skill set for them.

**\*Myth 14: Counselling takes forever.**

**Fact:** There's no definite time frame for an individual who needs to work through his/her concerns. It is a unique process and is often based on the needs of the person.

**\*Myth 15: Counselling doesn't work at all.**

**Fact:** Counselling is often most successful when you invest time and energy to work with the counsellor. Through time,

patience and practicing new coping skills, situations may just turn around!

**\*Myth 16: Counselling will become part of my academic record and hurt me in my job, residency or graduate school applications.**

**Fact:** We often hear this from students who are open to the idea of counselling but are hesitant to attend because of this misconception. Confidentiality is very important in this helping field. Counselling Services seek to provide clients with very strict level of confidentiality.

**\*Myth 17: Counsellors make you dependent on them:**

**Fact:** On the contrary, a good counsellor helps you build skills so that you can live your life more independently.