



When is it the Right Time to Seek Out Counseling?

Is counseling even necessary? This is a question many people tossing around the idea of counseling contemplate and it is okay! Whether or not you are in the stage of contemplating counseling, are starting counseling, or have been attending counseling for a period of time, it is normal to have this question and can even be something you and your counselor work with. You may even question when is the right time to seek out counseling for someone other than yourself, such as your child or for your relationship with your spouse. Below are a few examples of times when counseling may be the necessary step to take to help yourself, your child, etc. As always, you don't need a GOOD reason to seek counseling. Any reason is GOOD enough :)

Example #1 The Stress is Too Great

If you find yourself overwhelmed on a regular basis and the day to day stress is getting to be too much to handle on your own it might be time to seek outside help. Why continue to carry the burden of stress (which we all feel by the way) all by yourself! Let a counselor help you sort through your feelings and come up with solutions to make the day to day more manageable. A counselor will help you identify triggers to your stress and ways to minimize those triggers, or at least make triggers easier to cope with. A trigger is an external event or circumstance that may produce emotional or physical responses that are uncomfortable. Let's face it...we can probably all say we feel triggered at some point in our day! Whether your trigger is big or small, counseling will provide the necessary tools to overcome your triggers :)

Example #2 Myself or My Child is Being Recommended for Counseling

If a coworker, boss, friend, or school staff is recommending you or your child for counseling, they are likely noticing something of concern that can be better understood and assisted with counseling. Sometimes children display behaviors or symptoms of something greater in the school setting, due to the different demands being placed on them, that may otherwise be missed by parents and a reason for seeking outside help. Whether your child is struggling to stay on task, pay attention, or socialize with their peers in an appropriate way, a counselor can help you and your child sort through the root of the problem. If a coworker, boss, or friend, is approaching you about your mental health, chances are they are noticing changes in your mood or behaviors and are showing concern by recommending you seek support. Try not to take these recommendations personally! People only care about you/your child and want to help in the best way they know possible!

Example #3 I just went through something traumatic

Going through a traumatic experience of any kind is a “good enough”, if not excellent, reason for seeking counseling. You don’t have to go through those experiences alone. You may even choose to seek out a counselor who specializes in what you are going through whether it be a trauma informed therapist, a grief counselor, etc. Maybe you just need to vent about your experience and don’t necessarily want advice on how to handle your situation. I hear counselors make good listeners :).

There doesn’t have to be a right time or specific reason to seek counseling for yourself or a loved one. Just being aware that something in your life or the life of your loved could be better is reason enough. If you are interested in seeking counseling and don’t know where to start, try asking around. Talk to your doctor or your child’s pediatrician for possible recommendations. Do an internet search in your area for counselors or go to the website [psychology today](http://psychologytoday.com) to enter the specifics of what you are looking for in a counselor. There is no time like the present!

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