

What Does a Counsellor Do?

Counsellors are a source of support for people that are facing problems.

Counsellors recognize when people are at risk and help them from preventing harm to themselves or others.

Counsellors work as a team with their clients. Together they discover where the person's problems are coming from and find ways to work through them.

Counsellors help people discover their strengths, and help them recognize that they have choices.

Counsellors help people create goals and find ways to achieve them.

Counsellors connect clients with other resources, such as:

- A local crisis line.
- Mental health support centers.

Counsellors teach people different techniques called coping strategies to help them work through difficult moments. Some coping strategies include:

- Breathing exercises
- Mindfulness
- Systematic relaxation
- Activities that create positive feelings, such as listening to music or watching a funny television show.

Counsellors help clients recognize who their support system is and how to ask for help.

Counsellors work with individuals, couples, groups, and families. They work with people of all ages.

References

Chronister, J., Chou, C-C., Chan, F. (2016). The roles and functions of professional counsellors. In I. Marini & M.A. Stebicki (Ed.) *The professional counsellor's desk reference*. (2nd ed., pp. 9-15). New York, NY: Springer Publishing Company.

<https://ebookcentral.proquest.com/lib/adler/reader.actiondocID=2166694>

What Does a Counsellor Not Do?

Counsellors do not share what people have said, unless:

- The counsellor believes that their client is at risk of harming themselves, or others.
- In the case of child abuse.
- They must share information with their supervisor.
 - This information is only shared to ensure that the counsellor is helping to the best of their ability.
- They have been ordered to by law.

Counsellors do not shame or judge people in any way.

Counsellors do not have personal or romantic relationships with their clients.

Counsellors do not abuse their clients in any way.

Counsellors do not allow clients to abuse them in any way.

Counsellors do not make the counselling session about them; they only share personal information in a brief manner if it relates to what their client has shared with them.

Counsellors do not assume that they are better or know more than the people they are working with.

Counsellors do not tell people what to do.

Counsellors do not work in areas that they are not trained or knowledgeable in.

Counsellors do not prescribe medication.

Counsellors are not available on a 24-hour basis but should provide resources that are available when can't be. These resources may include:

- Mental health teams
- Crisis lines
- Emergency services

References

British Columbia Association of Clinical Counsellors. (2014). *B.C. Association of Clinical Counsellors: Code of Ethical Conduct*.

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Medcircle. (2020). *What a Therapist Should Not Do*.

<https://medcircle.com/articles/what-a-therapist-should-not-do/>

Pope, K.S. & Vasquez., M.J.T. (2016). *Ethics in psychotherapy and counseling: A practical guide*. (2nd ed.). Hoboken, New Jersey: John Wiley & Sons.