

Key Considerations: Becoming a Counsellor or Psychotherapist

- ✓ Counselling or psychotherapy training offers the possibility of extending existing skills or work. This may apply in the case of social workers, teachers, nurses, or mental health workers, for example.
- ✓ The training offers the possibility of career change – perhaps the chance to do something completely different, something that is viewed as ‘worthwhile’. Over the years I have met people who have opted for counselling or psychotherapy as a change from careers as various as legal worker, lorry driver, dressmaker, human resource manager and beautician.
- ✓ A positive (or negative) experience of having been a client of counselling or psychotherapy can often act as a motivator for training.

QUESTIONS FOR REFLECTION

- 1 Does counselling or psychotherapy training fit into your existing set of skills or employment? If not, are counselling and psychotherapy skills likely to enhance your work? If so, how?
- 2 Have you ever been a client for counselling or psychotherapy? If so, was this a positive experience (and what was particularly helpful)? Have you ever thought of seeking counselling or psychotherapy for yourself but decided against it? If so, why?
- 3 Is there a danger that you are considering counselling or psychotherapy training instead of actually going to receive counselling or psychotherapy yourself?
- 4 Do you know what counselling and psychotherapy is? Have you done some research to find out more?
- 5 Are you at a point in your life where you want or need a change in direction? Have you thought that being a counsellor or psychotherapist would be ‘worthwhile’?
- 6 Have you looked into the career prospects for counsellors and psychotherapists?
- 7 Do you understand the different types of counselling and psychotherapy and have you thought about the ones that might interest you most?