

Brief Counselling – Elgin FAQ

What is Brief Counseling?

- Brief counseling is a time-limited, voluntary program, that is solution focused and strength based in nature. Brief Counselling assists individuals experiencing mental health challenges and work towards strategies to manage those challenges.
- A variety of interventions and modalities are offered to best meet the need of the individual such as, but not limited to Motivational Interviewing, Solution Focused Therapy, CBT, DBT and Brief Narrative Therapy.

Who is not a good fit?

- Individuals with primary concerns related to trauma, substance use addictions, eating disorders, grief/bereavement may be more appropriate with other specialized programs and services.
- Individuals with active psychosis or active suicidal ideation (immediate safety concerns) may not be a good fit.
- Individuals with moderate/severe cognitive impairment (developmental disability, learning disability, ABI etc.) may not be a good fit if this would impact their ability to actively participate in counselling.
- Individuals recommended by a 3rd party and/or mandated to engage in counselling may not be appropriate given the brief short nature of the program

How many sessions/how long?

- Single session up to a maximum of three sessions depending on clients needs and goals.
- Sessions are approximately 50 minutes and are scheduled as needed, based on progress and goals outlined (typically bi weekly, or tri weekly)

How are services provided?

- Daytime hours
- Sessions are offered in person at 10 Mondamin Street in St Thomas.
- Phone based and virtual sessions are also available – noting that the client must have access to technology to engage and do so in a private and confidential space during the session.

What are some areas that can be discussed?

Not limited to:

- Symptoms of depression
- Mental health challenges
- Anxiety and stress-related problems
- Interpersonal relationships
- Coping strategies
- Emotional regulation
- Self esteem/self worth
- Situational stressors

How to refer?

- Please complete the contact form referral link – cmhatv.ca/find-help/start/
- Please feel free to consult and connect with any member of the team via email at Elgin.Brief.Counselling@cmhatv.ca