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**Counseling**

**Expectations**

**What do I expect from you?**

* Be on time and attend all sessions
* Be prepared for each session
* Be open and honest
* Be committed to your own health and wellness
* Be willing to give me feedback



**What should you expect from me (the counselor)?**

* Confidentiality
* Collaboration with you during our sessions
* Focus on your health
* Respect for your ideas and opinions
* Be open to feedback and willing to adapt to your needs