



**Catholic  
Charities**  
Diocese of Covington

*Providing healing, Creating hope*

There are times in our lives when we face issues that lead to feelings of anxiety, sadness or fear. Some people who experience these feelings may benefit from the help of an experienced, trained counselor. A counselor can help sort out problems and assist in finding ways to cope by either changing behaviors or by finding constructive ways to deal with a situation that is beyond one's control. When we experience difficulties in our personal or work lives or at school, when our ability to concentrate is diminished, or if our level of emotional pain becomes difficult to handle, seeking out a professional counselor can be the start of a solution.

### **What is "counseling"?**

Counseling is a shared effort between a mental health professional and a person asking for help. Counselors help those seeking their assistance (clients) to identify goals and potential solutions to the problems which cause them emotional turmoil. Counseling can help to improve communication and coping skills; strengthen self-esteem; and promote behavior change. Through counseling, people examine the behaviors, thoughts and feelings that are causing difficulties in their lives and discover effective ways of dealing with them, usually by building on personal strengths. A competent counselor encourages personal growth in a way that empowers people to meet their own needs.

### **What is a "counselor"?**

Counselors, sometimes called "therapists", have a degree in a mental health or human service field, such as social work or psychology, and many are also licensed or certified by their state or profession. Counselors adhere to a code of ethics that protects the confidentiality of the counseling relationship; prohibits discrimination, requires respect for diverse backgrounds; and requires that counselors put the needs and welfare of their clients before all others.

### **How long does counseling take?**

Ideally, counseling is concluded when a problem becomes more manageable or is resolved. During the first few counseling sessions a counselor will discuss the length of treatment that may be needed to achieve identified goals. Being in counseling is hard work at times, but change and progress do happen.

*If you believe that the services of a professional counselor could be of benefit to you, contact our Client Care Department at (859) 581 8974  
3629 Church Street, Latonia, Kentucky 41015*

### **Counseling is recommended when you:**

- Spend most of your time feeling unhappy
- Can't sleep on a regular basis
- Have lost someone or something
- Can't identify the most important things in your life
- Can no longer manage stress

### **Counselors help in addressing situations that include:**

- anxiety, depression, and other emotional problems;
- marriage, and relationship issues
- addictions
- untimely pregnancy
- domestic violence
- social and emotional difficulties related to illness or disability

### **What is unique about counseling at Catholic Charities?**

Catholic Charities has been providing professional counseling since 1962 and is accredited by the Council of Accreditation for Services to Families and Children. All of our counselors have a master's degree and range from five to twenty eight years experience. Counselors at Catholic Charities are experienced in many areas of practice and can help clients in addressing a wide array of concerns. Another unique aspect of the service is the opportunity to focus on spirituality as a part of the process of healing and help. Because of the generosity of our donors and the dedication of our staff, Catholic Charities is able to offer our services at a discount to those who qualify. No one is denied services based on an inability to pay. Some insurance accepted.