



"How to Shop for a Good Counselor"



by Merri Ellen Giesbrecht of www.cure-your-depression.com

The medical journals reveal that counseling therapy is by far the most necessary for recovery from depression. There are a few bad counselors out there so how do you find a good one?

Unfortunately, a counselor does not need to prove their credentials before putting in a listing in the Yellow Pages or the Super Pages. Anyone can list their name under 'Counselors', 'Marriage Counselor,' or even under 'Psychologists' even if they don't have the credentials. So, be sure to ask for credentials!

First, here's a list of credentials to be aware of...

PROFESSIONAL LICENSES OR DESIGNATIONS

LMFT - Licensed Marriage and Family Therapist
LCSW - Licensed Clinical Social Worker
LMSW - Licensed Master Social Worker
ACSW - Academy of Certified Social Workers
LIS - Licensed Independent Social Worker
LCS - Licensed Clinical Social Worker
LICSW - Licensed Independent Clinical Social Worker
LMA - Licensed Master's in Social Work - Advanced Clinical Practitioner
CSW - Clinical Social Worker
LPC - Licensed Professional Counselor
NCC - National Certified Counselor
CCC - Canadian Certified Counsellor
CRC - Certified Rehabilitation Counselor
CCRC - Canadian Certified Rehabilitation Counselor
RCC - Registered Clinical Counsellor (B.C. Canada)
RRP - Registered Rehabilitation Professional (Canadian)
R. Psych or C. Psych - Registered Psychologist (the 'C' stands for Certificate of Registration)

-I'm writing this from Canada so if you are in another country, you should also check with credentials of your own country. You can do this by asking your own family doctor or local community mental health centre.

Secondly, a good counselor should be a good listener - that's an obvious but not always a reality. If you don't feel heard, you won't get anywhere.

Thirdly, you must feel comfortable with the counselor. So, 'shopping' for a good counselor is sometimes a necessity. You may have to try one or two out. Sound like too much of a bother? Well, here's a resource that may help with that...

Live Counseling Online

Online Expert Advice we provide you with a massive database of counselors where you can connect live with a certified counselor online for a fraction of the cost of a face to face consultation. So, if you are also low on cash and worried about the hassle of traveling to see a counselor, this may be the help you're looking for.

If you'd like to check out the list of counselors and psychologists, visit: <http://www.cure-your-depression.com/liveperson-expert-grid.html> where you can see who's currently online and learn more about the individual therapist. These services post the rate you pay by the minute. Be sure to check the reviews to find the therapist that's right for you.

Get live help now with a certified professional counselor online from your home!

There is hope! You are worth it!

Merri Ellen

About the Author:

Merri Ellen is a former depression sufferer and mother of 2, wife of 1 hubby, owner of 1 cat. She's beaten it (depression, not the cat) and is on a mission to share the research she spent hours compiling to help others be in the know of what depression really is and how to really treat it.

Enjoy her free report at: <http://www.cure-your-depression.com>

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