



**MYTH 1:** *Counseling is only for people who have serious emotional problems*

**FACT:** While counseling does deal with people who have emotional problems it can also help:

- Couples who want a stronger relationship, or are contemplating a commitment or marriage.
- Individuals who have difficulty with self-esteem, communication, or assertion.
- Individuals having academic problems, difficulty in test-taking and/or test anxiety.
- Students having difficulty juggling school, work, and other responsibilities.
- Students trying to adjust to their new surroundings.



**MYTH 2:** *Seeking counseling is a sign of weakness.*

**FACT:** There is nothing weak about a person who seeks counseling. In fact, it takes courage to explore sensitive feelings and painful experiences. The individuals who enter counseling are taking the first step in resolving their difficulties.



**MYTH 3:** *The counselor will tell you what to do and how to "fix" your problems.*

**FACT:** Counseling is not a "quick fix" cure to your problems. The counselor is there to help you explore your feelings, thoughts, and concerns, to examine your options, and to assist you in achieving the goals you have set.



**MYTH 4:** *The counselor cannot understand you unless he/she has had similar experiences or is of the same background.*

**FACT:** Counselors are trained to be sensitive to and respectful of individual differences, including the specific concerns of students with regard to gender, racial/ethnic, cultural, religious, age, sexual preference/orientation, and socioeconomic issues.



**MYTH 5:** *If you ask for advice and help, you may offend someone or make them feel uncomfortable*

**FACT:** It is human nature to offer to help someone in need and people genuinely enjoy helping others who ask them for advice and to help.



**MYTH 6:** *If you ask for advice and help you might be rejected.*

**FACT:** In life, even a negative response provides an opportunity to learn more about your-self and your relationships. All of us experience “no” in our lives, but I have found “no” becoming “yes” with the right approach when asking for advice and help.



**MYTH 7:** *If you ask for advice and help you will be expected to return the favor to those who help you.*

**FACT:** Reality: The truly valuable advice and help will come without any strings attached.



**MYTH 8:** *S/He is the one who needs counseling. Not me!*

**FACT:** We are only able to control our behaviors and our reactions to others. The most powerful way to create changes in relationships is by focusing on how you can change your own behaviors.



**MYTH 9:** *If I go for counseling all my professors will know my problems.*

**FACT:** Your counselor will keep all information you share with them confidential. This means that they will not release any information, or even the fact that they have met with you, to anyone (including parents, professors, friends, or school administration) without your permission. Your counselor will discuss the limits of confidentiality as you begin sessions.



**MYTH 10:** *The fact that I've gone for counseling will become part of my academic record and may hurt me in job or graduate school applications.*

Counseling records are kept separately from academic records and are protected by law. Release of any information is permitted only after a student provides written consent, or in certain legal situations involving a subpoena or court order.



**MYTH 11:** *Counseling doesn't work. I've tried it already.*

The counseling process looks different with each counselor, for each problem, and at each point in your life. Consider trying it again. At SSU, our approach is generally short term-problem focused type of interventions.



**MYTH 12:** *It's too expensive and it goes on forever. I don't have the time or money.*

Counseling services are free to all SSU students. Many students only come to counseling for a few sessions. Others choose to continue for several semesters. The decision is yours to make, and you will not be forced to continue if you decide to stop.

Santa Clara Valley Chapter California Association of Marriage and Family Therapists. Marriage and Family Therapy Top 15 Myths about Therapy “What You Don’t Know Could Hurt You...”  
<http://www.scv-camft.org/news/article.html?id=87>

<http://www.stevens.edu/counseling/info.htm#How%20Do%20I%20Know%20If%20Counseling%20Will%20Help%20Me?>

[www.unco.edu/counseling/myths.htm](http://www.unco.edu/counseling/myths.htm)