

Counselling FAQs

Do you charge a fee for counselling?

- No, all counselling sessions are non-chargeable. This ministry is supported by the generosity of CCMC.

Can I see your counsellors if I am not a Christian / not a member of CCMC?

- Yes, all are welcome to see our counsellors. We do not discriminate clients by their race, gender, religion and affiliations. However, clients should know that CCMC subscribes to a faith-based model in delivering professional counselling.

Can I change my counselling date or time after it is fixed?

- Yes, please ensure all date/time changes are made at least 12 hours in advance. If you inform the counsellor late, he/she may have to reschedule you to a much later date as most of our counsellors are volunteers as well.

What can I expect in my first counselling appointment?

Your counsellor will guide you through the Intake Form where you will be asked some questions that will aid your counsellor to be more effective in helping you.

You will also be guided through the Informed Consent Form which explains items such as confidentiality.

Besides the forms, your counsellor will seek to understand what you are facing and set the counselling goal/s together with you. Typically, a counselling session will take about an hour.

Will I be able to resolve my issue in 1 or 2 counselling sessions?

In most cases, it will be unlikely as counselling is not an instant quick fix and it takes time for a trusting relationship to be formed between you and your counsellor.

In general, it takes at least 4-6 counselling sessions to process what you are going through and to feel supported in your struggle hence it is important for you to commit yourself to 4-6 times of counselling sessions when you begin.

What types of Mental Health Talks/Workshops do you provide?

At present, our counsellor is able to conduct workshops according to the following themes, with the inclusion of both psychological and faith-based perspectives:

- Mental Health resilience and fortitude (Youths/Adults)
- Supporting persons/peers in times of crisis
- Mental health stigma and advocacy
- Taking on a trauma-informed lens in a church community
- Navigating Grief and Loss through Meaning-reconstruction
- Living as a Family in Covid times
- Active listening and attending skills

You may contact us directly at counselling@ccmc.org.sg if you wish for us to conduct any other workshop/talks that are not listed here but related to Mental Health and wellness.