

# Reasons to Have a Counselor in Your Life

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## 25 Reasons to Have a Counselor in Your Life

April is Counseling Awareness Month — and to celebrate the great work of all the dedicated counselors out there, members of the [American Counseling Association](#) shared reasons counseling matters.

So give your counselor an extra thank you this month, and read what makes these counselors so passionate about that they do.

### Here's what they had to say:

1. "Rather than just feeling better, my focus is on helping clients live better." — Deanna Kasper
2. "I have the privilege of participating in the healing process. By leading people down the path of acceptance and forgiveness, they find meaning in their pain." — Jennifer Bradley
3. "Life is too precious to be consumed by stress. Let me help you stabilize your anxiety." — Amberlee L. Wesselhoft
4. "Counseling is not just about helping people to solve their immediate problems; it's about helping them to build a better future." — Cindy Goehring
5. "I advocate for therapy animals so that they can continue to comfort people in need, especially trauma survivors." — Lisa Taylor-Austin
6. "As a counselor who works with the homeless, I have realized the power of basic human connections. I hope to continue to impact my clients, just as they impact me." — Amanda M. Nevárez
7. "I advocate for my students' rights to a fair and equal education. I show them that they are more than just a number. They are loved, they are smart and they will succeed!" — Ashley Crean
8. "Healing is a combination of honoring strengths, empathizing with difficulties, and challenging someone to grow in spite of their obstacles." — Cristina Andriani
9. "Being an effective counselor is about more than listening and providing unconditional positive regard. It's a willingness to put everything on the line as an advocate and a champion for those who haven't yet found their voice." — Jeff Hensley
10. "Optimal mental health relies on the ability to love, work, and see meaning in everything. If I can help a person on that journey, then I have earned the title of counselor." — Kenneth Smith, M.S.
11. "As a career counselor, I want to get to the conversation behind the conversation." — Alexandra Arrington
12. "It takes a tremendous amount of courage to commit to transformation. Let's take the first step together." — Alicia Zielinski Straub
13. "You are not a case history or a patient. You are a human being and you are more than your mental illness. Through that understanding, we can overcome any obstacle." — Saad Saeed

- 14.** “Increasing our self-awareness through mindfulness is an excellent path for increasing our self-control.”  
— George Knipp
- 15.** “Kintsukuroi: The art of repairing with the understanding that pieces are more beautiful for having been broken.”  
— Bill ‘Eli’ Owenby
- 16.** “As a counselor of couples, my technique is transparency. My own frailties and shortcomings are now in the past of my 40 plus year marriage.” — La Grande Mason, Jr.
- 17.** “Our clients have all the pieces, they just need help to become aware of what they are capable of building.”  
— Caitlin Goicoechea
- 18.** “I can help you learn how to relate to your struggles in new ways, so your thoughts and feelings have less impact and influence over you.” — Charlene Lenkart
- 19.** “You deserve an opportunity to write your story.” — Christina Vanchina
- 20.** “My clients often thank me for bringing my smile into their world. I remind them to reflect upon how many times their smile has done the same.” — Christyne M. Siliverdis
- 21.** “We don’t have the power to choose where we come from, but we can choose where we go.” — Jordan Vann
- 22.** “Re-framing thoughts and considering behavioral actions proactively are difficult feats. I can empower you with the tools you need to succeed.” — Morgan Rodgers
- 23.** “Counseling is where evidenced-based practice meets ecology: experiences that connect us to nature and our basic sense of being.” — Michele L. Gardiner
- 24.** “Once we are able to connect feelings of anger, fear, anxiety or depression to our grief and loss, the healing can begin.” — Lisa Simon
- 25.** “Everyone has a source of inner freedom. Counseling can help you find it.” — Margaryta Johnson
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