

Name _____

Talking to a Counselor: Unlocking the Benefits of Seeking Help

Short Answer

1. What is one advantage of counseling mentioned in the passage?
2. How did counseling help Vincent van Gogh during his challenging times?
3. Why is confidentiality an essential aspect of the counselor-client relationship?
4. Name one benefit of counseling for someone with low self-esteem.
5. What did Vincent van Gogh create during his time at the mental health institution?

