

What is Career Counseling

Career counseling is a process that will help you to know and understand yourself and the world of work in order to make career, educational, and life decisions. In career counseling sessions you will identify goals for your career that fit with the rest of your life. Dr. Cuneo will guide you in achieving those goals, and in identifying and overcoming obstacles that have prevented you from achieving your goals. The focus of career counseling is to provide you with support and education to help you to find rewarding and satisfying work.

Career counseling sessions can take place in person, over the telephone, or via Skype. Homework will often be assigned to help you learn more about yourself and about careers you are considering.

Career counseling is distinct from mental health counseling, psychotherapy or friendship.

Career counseling is **NOT** covered by insurance, as it does not focus on healing a diagnosable condition.

If during the course of career counseling, other issues arise which would be best handled by psychotherapy or other mental health treatments, Dr. Cuneo will assist you in obtaining referrals to appropriate mental health providers in your local area.