



WHO RECEIVES THERAPY

Most people, at one time or another need some help. For some, talking with a therapist helps with overwhelming stress or dealing with a crisis. Therapy can often help someone change the way he or she acts or feels.

CHOOSING A THERAPIST

- You should ask a potential therapist about his or her approach to therapy.
- These approaches may vary from one therapist to another; however, the therapist should be able to clearly explain the approach, along with training and professional experiences that prepared them to assist with your specific needs or concerns.
- Ask what this approach will mean for your therapy experience.
- Ask if they use methods found to have evidence that they work for people with similar concerns.
- These methods and approaches should include both you and your therapist as active participants in creating your treatment goals.

I AM READY FOR THERAPY. WHAT IS THE FIRST STEP?

Improving Lives.

WHAT TO EXPECT FROM THERAPY

- A good therapist will have clear boundaries, be ethical, and treat you with respect.
- Your first session helps you to decide whether psychotherapy will be useful to you. During this session, the therapist should begin an assessment.
- The assessment might be done through a series of questions and answers. Assessments also can be done more formally with questionnaires or tests. A good therapist will continue to assess a client's problems throughout therapy and change the direction of therapy, if needed.
- Therapy should help you solve current problems. It can also help you alter the emotions, thoughts, and/or behaviors you want to change.
- The therapy process focuses on the goals you bring to therapy
- You should assess your progress regularly and decide on accomplishments you need to make to complete therapy
- Therapy is meant to be time limited to teach skills you need to make changes in your life independently.
- The therapy process varies depending on the approach of the therapist. It also differs for each individual client.
- We all resist change. Do not be surprised if you are tempted to quit when some real changes or breakthroughs are about to happen.
- Positive lifestyle changes can feel very unfamiliar and uncomfortable at first.
- Friends or family may not be ready for your changes and growth and will need time to adapt.
- Therapy is hard but rewarding work.

