



WHO RECEIVES THERAPY

Most people, at one time or another need some help. For some, talking with a therapist helps with stress or dealing with a crisis. Therapy can often help change the way people act or feel.

CHOOSING A THERAPIST

- You should ask a therapist about his or her approach or method of therapy.
- These methods may vary from one therapist to another.
- The therapist should be able to clearly explain their methods, prior training, and professional experiences that help with your specific needs.
- Ask if they use methods that have been found work for people with similar concerns as you.
- These methods should include both you and your therapist as active members 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 therapy will be useful to you.
- During this session, the therapist should begin an assessment. The assessment might be done by using a series of questions and answers.
- Therapy should help you solve problems. It can also help you change some of the emotions, thoughts, and behaviors you want to change.
- The therapy process focuses on the goals you bring to therapy.
- You should review your progress often. Discuss with your therapist the tools you need to meet your goals.
- Therapy is meant to be time limited to teach you the skills needed to make changes in your life.
- We all resist change. Do not be surprised if you feel tempted to quit when some real breakthroughs are about to happen.
- Helpful lifestyle changes can feel very uncomfortable at first.
- Friends or family may not be ready for your positive changes and they will need time to adapt.
- Therapy is hard but rewarding work.

