

Guidelines for Therapy

You may or may not have been to a therapist before. If this is your first experience with therapy, you may feel a bit nervous or apprehensive. That's normal!

Therapy is a process that allows you the freedom and privacy to discuss issues that are often painful or difficult to discuss with family and/or friends.

The following are a few suggestions to help make your counseling experience most effective:

1. Before your scheduled appointment, write down questions, topics, or issues you would like to focus on in your session.
2. Communicate your expectations to me so that we are working together toward your goals.
3. Provide ongoing feedback to me so that I know how you are doing (example, "I want to focus on my anger more" or "I like doing relaxation exercises").
4. If you feel a need to increase or decrease the frequency of your sessions, or to end counseling, feel free to communicate that to me.
5. If you feel a need to bring a partner, relative, or friend in with you for your session in order to work on interpersonal issues, feel free to do so. Please discuss it with me prior to their arrival..
6. If you have another professional involved in your care (i.e. physician, chiropractor, attorney, etc.), I would be happy to coordinate with him/her if you wish. It is not advisable to have more than one mental health counselor involved in your treatment at one time.
7. Try to make a commitment to yourself to remain in therapy and attend regular sessions for as long as you feel necessary. If you wait until you have a crisis, it will be more difficult to build long-lasting coping skills.
8. If for any reason you would like to see a different therapist, please feel free to tell me. I can provide you with names of other therapists.