

Suggested 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 little nervous or apprehensive. That's normal!

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 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 like you need to increase or decrease the frequency of your sessions, or to end counseling, feel free to communicate that to me.
5. If you have another professional involved in your care (i.e. psychiatrist, physician, chiropractor, teacher, 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.
6. 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.
7. 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.
8. It can be helpful to maintain a journal in order to help track changes, uncover additional barriers to change, and discover possible solutions and successes throughout your process. It can also serve as a healthy coping tool to use when uncomfortable thoughts and feelings arise.