



What Is Therapy?

When you think about therapy, it may bring up different feelings and thoughts.

DO ANY OF THESE SOUND FAMILIAR?

- I am scared or nervous.
- Do I have to talk?
- What is going to happen?
- I am excited or thankful.
- Will it be hard?
- Will it be fun?
- I do not want to go.

All different thoughts and feelings are welcome. Going to therapy for the first time and not knowing what to expect can be hard. Having a little bit more information can help calm your mind.

WHAT IS THERAPY?

Therapy is a way that you can get help with problems or concerns in your life and even learn new skills to help face challenges without them becoming problems or concerns.

WHAT MAY HAPPEN DURING A THERAPY SESSION?

The therapist may ask you questions but will also be a good listener. You will be able to safely share your thoughts and feelings. By being truthful and sharing, your therapist will learn how best to support and help you.

Every therapist has their own unique style and will help in different ways based on their skills and what interests you. Some will help by talking with you, while others may have you play with toys or use a sand tray. Still, others may have you do art or dance or, if they have the training and you like animals, work with a therapy dog or horse.

WHAT WILL YOU LEARN?

Yes, you are going to learn new things!

Here are some examples of what you may learn:

- Coping skills
- Communication skills
- How to express feelings and needs
- How to ask for help
- Learn to love and accept yourself
- Help reduce the stigma and shame of mental illness and therapy
- And much more...

And yes, you do have to do some work to help things change. What you learn in counseling you will need to practice. Things will not change if you do not practice what you learn in your daily life.