

What to Expect from Therapy

- ✚ Therapy provides a **warm and supportive environment** to explore thoughts, feelings, and behaviors **without judgment**. It is an opportunity to reflect on current practices and to learn new coping skills.
- ✚ While your therapist will help you **think through problems and generate solutions**, they will not tell you what to do. You will learn how to think more flexibly and solve your own problems.
- ✚ **Sometimes therapy will work better if you are also taking medication**. Not everyone takes medication to manage difficulties, and when people do take medication it is often time-limited. If you do take medication, it is important to take it as prescribed and to bring up any concerns with your healthcare providers.
- ✚ **Others may be involved**. This is especially true if you are not an adult. People live in the context of homes, so it is important to include family members as part of the process.
- ✚ **Therapy is not magic**. Therapy only works if you show up, and much of the work happens between sessions. In order to make the most of therapy, it is important to complete homework, practice coping skills, and make changes outside of therapy sessions.
- ✚ **Therapists are not mind readers**. It is important to be open and honest with your therapist so they are best able to support you.
- ✚ **Therapy takes time**. Change does not happen overnight. However, **therapy is not meant to last forever**. After your initial assessment, your therapist will discuss recommendations for frequency of sessions and length of care. You and your therapist will also discuss treatment goals. It is important that you stick to the plan and discuss any questions or concerns about the plan with your therapist. Certainly unexpected circumstances arise and things may change, though the therapist's job is to help you get to the point where you no longer need to see them on a regular basis.

