

# THERAPY

Therapy is also called individual therapy, psychotherapy, “talk therapy” or counseling. The length of your therapy will depend on your personal situation and insurance. Your therapy may be part of a broader treatment plan that includes medication and/or other supports.

## WHO PROVIDES THERAPY?

- Psychotherapist (general term)
- Clinical psychologist (PhD, PsyD, EdD, MS)
- Licensed Professional Counselor (LPC)
- Social Worker (DSW, MSW, LCSW, LICSW, CCSW)
- Licensed Marriage and Family Therapist (LMFT)
- Clinical Substance Abuse Counselor (CSAC)
- Advanced Practice Psychiatric Mental Health Nurse Practitioner (APPMNP)

## WHAT SHOULD I EXPECT ON THE FIRST VISIT?

The therapist will ask you questions to develop a general understanding of why you are seeking their guidance (what you do, where and with whom you live).

Many people are turned off by all the “assessment and intake” on this first visit. Give it some time before you decide against further appointments.



*The therapist will want to understand your perspective of the problems in your life and how you hope to approach solutions.*

## HOW DOES THERAPY HELP?

- Change behaviors that hold you back
- Heal pains from the past
- Build relationship skills
- Identify your goals and build a plan to reach them
- Cope with symptoms
- Strengthen self-confidence and feel stronger in the face of challenges
- Handle strong emotions like fear, grief or anger
- Feel more in control of your life
- Enhance problem-solving skills