



Reclaim
Foundation

Not all therapists are "one size fits all"

Each therapist has different experiences and specialties (Depression, Anxiety, LGBTQIA+ and other identity work, sexual assault, etc). This will relate to how they work with you and your individual experiences.

There are different methods and theories to therapy. Ask your therapist how they work with their clients in these common methods:

- **Cognitive behavioral therapy (CBT):** more structured, with homework in between sessions
- **Dialectal behavioral therapy (DBT):** structured with worksheets, more hands on help with therapist
- **Mindfulness and meditation:** engagement with the body, deep breathing techniques to soothe the self
- Other kinds of talk therapy, like **Narrative** or **Psychodynamic therapy**, are more fluid, less structured, and client-directed
- There is a range of modalities for clients to process together or individually, including individual therapy, group therapy, family therapy and couples therapy



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Every person who seeks therapy has different needs and preferences.

You get to choose the frequency, modality and methods that work best for you on this journey, and your therapist should support and affirm your choices. It is normal and encouraged that you seek a therapist that feels right, in their identity and approach, so you can relate to them.

Therapy is not easy. You won't leave every session feeling good, sometimes you may even leave feeling sad or disoriented. But that is okay. Healing is not linear and looks different for everyone.