



Reclaim
Foundation

What does the first therapy session look like?

Oftentimes, the first therapy session is an “intake assessment.”

This is when the therapist will get to know you as a client. It is also an opportunity for you to share what you've been going through, your history, and what you're looking for in therapy. The first session might feel uncomfortable or formal, but that is okay! It takes time to build a relationship.

However, you should never feel pressured to share something you don't want to. It is okay to put up boundaries! Use phrases that establish boundaries and advocate for yourself as you build trust with your therapist.

- "That is actually not something | feel comfortable talking about yet."
- "Can we revisit this a little later? | am still getting comfortable."

This is also a time for you to interview your therapist. They are working for you, so you can ask them questions too!

- What is their experience working with trauma?
- Do they have experience working with your identities?
- Are they comfortable talking about things that are important to you and your experiences or identities? Such as sexuality, race, trauma, ect.
- What is their approach?
- How can you communicate with them between sessions and how often will you be able to meet?