

What Can I Expect from Psychotherapy?

Psychotherapy is not easily described in general statements. It varies depending on the personalities of the psychologist and patient, and the particular problems you hope to address. There are many different methods I may use to deal with those problems. Psychotherapy may be very different than a typical medical doctor's visit since it involves an active dialogue between you & I. It also requires active effort on your part. In order for therapy to be most successful, you will have to take an active role in each session & work on those things we talk about in sessions together & outside of the psychotherapy meeting.

Psychotherapy can have benefits and risks. Often, therapy will involve discussing unpleasant aspects of your life. Therefore, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. However, psychotherapy has been shown to have significant benefits for people who go through it. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. But, there are no guarantees as to what you will experience. I also want you to understand that your participation in counseling is voluntary and you may discontinue services at any time.

Therapy involves a large commitment of time, money, and energy, so you should be very careful about the therapist you select. I encourage you to share any concerns or questions you have about my procedures whenever they arise so we can manage these doubts before they interfere with your progress.

The first 1-3 sessions typically involve a thorough evaluation of your history and treatment needs. During this time, we can both decide if I am the best person to provide the services you need. I will also share with you whether or not I feel I am the most appropriate therapist for you. We will discuss next steps & I will offer referrals to other treatment providers if necessary. If we agree to work together, we will outline a plan for treatment.

Psychotherapy sessions are typically 45-50 minutes in duration and occur once per week (unless otherwise agreed upon), at a time we agree on, although some sessions may be longer or more frequent. Psychotherapy can last varying amounts of time for people. For some, they feel their needs are met after one or two sessions, others may need more longer term care.