

# Guidelines for Therapy

Therapy is a process that allows you the freedom and privacy to discuss issues that may be painful or difficult to discuss with family and/or friends.

The following are a few suggestions to help make your counseling experience most effective:

1. When questions, topics or issues arise that you would like to focus on in your sessions, write them down and bring them to your next scheduled appointment.
2. Communicate your expectations to me so that we are working together toward your goals.
3. Provide ongoing feedback to me so that I know how you are doing (example, "I want to focus on my anger more" or "I like doing relaxation exercises").
4. If you feel a need to increase or decrease the frequency of your sessions, or to end counseling, feel free to communicate that to me.
5. If you feel the need to bring a partner, relative, or friend in with you for your sessions in order to work on interpersonal issues, feel free to do so. Please discuss it with me prior to their arrival.
6. If you have another professional involved in your care (i.e., physician, chiropractor, attorney, etc.), I would be happy to coordinate with him/her if you wish. It is not advisable to have more than one mental health counselor involved in your treatment at one time.
7. Try to make a commitment to yourself to remain in therapy and attend regular sessions for as long as you feel necessary. If you wait until you have a crisis, it will be more difficult to build long-lasting coping skills.
8. If for any reason you would like to see a different therapist, please feel free to tell me. I can provide you with names of other therapists.