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CONTEMPLATING SEEKING THERAPY, BUT DON'T KNOW WHERE TO START?

I got you friend!

*Here's a quick guide to
help you understand if
psychotherapy is right
for you.*

WHAT IS PSYCHOTHERAPY?

- Treatment for symptoms and concerns relating to mental health and emotions.



I often tell my clients who are children that I'm like a feelings doctor. "Just like you go to your doctor when you're not physically feeling well. I can be the person you talk to about your big feelings"

- Can help you understand how your thoughts and feelings are directly related to your behaviours and actions.
- Can help you understand the underlying causes to your problems and find out how YOU can solve them.

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SOME OF THE MANY CONCERNS THAT PSYCHOTHERAPY CAN HELP WITH:

- Depression
- Anxiety
- Low Self-Esteem
- Addiction
- Perfectionism
- Trauma
- Grief
- Shame & guilt



FINDING THE RIGHT THERAPIST

For YOU



- Understand that therapy is for YOU and you are allowed to be as picky as you want to be in determining who you will allow to help you with such an important part of your life.
- You are allowed to want someone who shares the same culture and/or religion as you
- You are allowed to NOT want someone who shares the same culture and/or religion as you
- You are allowed to want someone who is of the same race as you and you are also allowed to NOT want someone who is of the same race as you

FINDING THE RIGHT THERAPIST

For you



You can consult with as many psychotherapists as you like before making the decision



(I understand that not everyone has this privilege because they are on a waitlist for a free service. I am sorry, I'm hoping for a day where all psychotherapists can be fully covered)

You deserve nothing short of the best and I hope you can find the time and resources to find the perfect fit for you!



THE BEST TIME TO SEEK THERAPY:

I believe that one of the biggest myths in seeking therapy is to seek therapy in the time of crisis or when your life takes a hard hit.

From my education and professional background, I personally think that it's best to seek therapy when you're emotionally stable because this way you can dig deeper to the



core issues/concerns.



This doesn't mean you shouldn't seek therapy when you're dealing with something significant.

Most people seek therapy when things aren't right and that's completely okay. Therapists are trained to help you regulate your emotions in order to eventually dive deeper.



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QUESTIONS TO ASK A THERAPIST DURING THE INITIAL CONSULTATION

Not all therapists provide consultations before starting therapy or advertise it on their websites. You can ask if the therapist can provide you with a quick consultation call for free.



QUESTIONS TO ASK A THERAPIST DURING THE INITIAL CONSULTATION



Many of my clients have called me for a consultation and have said things like:

“I don’t know where to start”

“I don’t know if therapy is right for me”

“Can you help me with my anxiety symptoms?”

“I don’t know if I need a psychotherapist or psychiatrist”

“How can you help me better my mental health”

All of those questions are **VALID** questions. Let the therapist take the lead and answer those questions for you. If you are satisfied with the answers, that’s a good sign! If you’re not satisfied with the answers, that would be a great assessment tool to determine if this therapist would be a good fit for you.

SOME QUESTIONS YOU CAN ASK DURING THE INITIAL CONSULTATION:

What are your qualifications? Can you explain the letters beside your name?

Why did you choose to become a therapist?

What therapeutic methods are you familiar with?

What are your views on _____?

How often should I come in? How long are the sessions?



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SOME QUESTIONS YOU CAN ASK DURING THE INITIAL CONSULTATION:

Can I reach you in-between
sessions?

What is confidentiality and how do
you use it in your practice?

What is your take on medication?



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DO I NEED A FORMAL DIAGNOSIS?

My quick answer to this is no. You don't need a formal diagnosis to seek therapy. Many people initially seek therapy to work on "minor" concerns and through the course of therapy learn that they may have a formal diagnosis.



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DO I NEED A FORMAL DIAGNOSIS?

As a registered social worker, I can't provide my clients with a diagnosis or prescribe medication. However, I have familiarized myself with the DSM-V diagnostic tool and I often explore potential diagnoses with clients to discuss with their physician/ psychiatrist. Once my clients receive a formal diagnosis, it helps me plan for their sessions accordingly.



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