

## **Nervous about finding the right therapist?**

Here are some key questions to ask, and remember, research has repeatedly shown that the single most curative factor in therapy isn't simply the technique employed, or the therapeutic approach but the relationship between client and therapist that develops during the course of treatment.

### **Q: Is what I tell my therapist confidential?**

**A:** You're entitled to confidentiality with your therapist. The slight exception to this is in supervision. Regular supervision is an ethical responsibility and professional requirement, as it protects you whilst allowing a safe space for your therapist to explore confidentially the work you do together, respecting at all times ethical boundaries agreed upon with you when you contracted for the sessions. No personal details are provided so you, the client, remains anonymous.

### **Q: How can I measure my progress?**

**A:** I believe understanding what you, the client, wants to achieve from therapy is fundamental to a collaborative therapeutic relationship. Some people know the goals they want to set for themselves where as many clients do not. If this sounds like you, we would explore your expectations, sometimes over more than one session, of what is possible in our work together. You can set short-term or long-term goals and if at any time you feel you are not progressing, we discuss this together to consider what you're doing and potentially tweak any goals agreed.

### **Q: How long will therapy take?**

**A:** It really depends on your reasons for therapy and the complexity of what you wish to achieve. This is one reason why it is beneficial to regularly discuss how much progress you've made, whether you have completed your goals, if you wish to continue in therapy. Some people may find that daunting to ask about themselves if they were discouraged in childhood to ask for what they wanted.

### **Q: Will you tell me what I should do to change things?**

**A:** In order to truly remedy a problem, the client has to identify it and find solutions that will work for them. Therapy is really about empowering you to work on the problem yourself. If I or any other therapist does the problem solving for you, then change really hasn't happened. The work is to help you develop the skills, the resilience, and the tenacity needed to solve problems on your own.

### **Q: Do I have to tell you about my childhood? Why?**

**A:** Your childhood is very important because your thoughts, feelings, and decisions are affected by the environment you grew up in and the things that you've experienced. How you handled things and how you saw other adults react to things directly affects how you learned to cope and react to things.

### **Q: What happens during the first session? Do we dive in right away?**

**A:** Talking about your background, reasons for coming to therapy, what you want to get from it, is my general starting point which supports our rapport and trust building.

### **Now what?**

If you think you've found the right therapist, I suggest you schedule your first six appointments which is about the amount of time it will take for you to get to know each other and determine if they are the right fit. It's OK to decide they are not or that you don't like the style of therapy they provide. But, make sure to reflect on what you didn't like so you know what to avoid when selecting your next therapist.