

Understanding Therapy

What Goes On in the First Session?



You will be asked to share about yourself and your challenges. This will help your therapist assess and recommend what best treatment there is for you.



It is important for you to feel comfortable with your therapist. Move at your own pace. Getting a sense of what it would be like to work together will help the relationship significantly.



Therapy is a 2-way process. Your therapist will try to understand your needs, and together, you will mutually agree on the goals to be worked on in subsequent sessions.



Why is talking to a therapist different from my friends/family?

Having undertaken a Master's degree with relevant experience in counselling hours, therapists are professionally trained to systematically walk you through the therapeutic journey as a neutral third party.

#1 Myth: Going for therapy means I am weak.

Fact: Your seeking help is a demonstration of your ability to cope and actually a sign of resilience.

#2 Myth: I should ONLY go for therapy when it gets overwhelmingly unbearable.

Fact: Therapy is a safe space for you to share without judgment. It doesn't have to mean that something is wrong. Therapy can simply be a space for you to work on your goals as well.

Myths
VS
Facts

#3 Myth: My therapist will tell me what to do.

Fact: Therapists guide you to learn, so that you are better equipped and have the capacity to do what you have to do. Therapists also teach specific strategies and skills. Recommendations might be made, but the decisions are ultimately yours.

#4 Myth: Therapy will make me feel better immediately.

Fact: Therapy is a journey that takes time. Through this journey, you learn to practise holding space for the negative emotions with compassion, rather than to instantly "feel good" or avoid "feeling bad". And guess what, it gets easier with practice!

