



What to Expect from Therapy

If you are considering seeking support for your mental health, you might be asking yourself what to expect. It is very normal to have conflicting ideas, thoughts, expectations and misconceptions.

At South Coastal Health & Community Services we understand that taking the step to seek help is a courageous decision. We are ready to support you.

What to Expect from Therapy

In the beginning your therapist will ask you lots of questions to get to know you and find out what prompted you to seek help. You may feel that you are doing most of the talking. This phase is important as it helps your therapist to understand your concerns so they can develop the best treatment plan with you for you!

What does a therapist do?

- Listen and understand
- Explore thoughts, feelings and behaviours
- Create a judgement-free space that is safe and confidential
- Teach specific techniques and strategies to help deal with concerns
- Provide a safe space to learn and practice social skills
- Refer you to additional resources in the community that can help



Questions to ask yourself

- What has happened in my life that has lead me to seek professional help?
- What would I like to achieve from therapy?
- How have I been feeling?
- What have I done to feel better?
- Who else have I spoken to about my concerns?

What questions may be asked?

- What are you concerned about?
- How is your current health and wellbeing?
- What are your family and social relationships like?
- Is there any other relevant history?



Confidentiality

Whatever you talk about with your therapist stays private, between the two of you, unless there are serious concerns for your safety. In these cases, a suitable safe person will be involved in supporting you.

What you will learn how to do

- Sit with your thoughts
- Gain self awareness
- Identify unhelpful thinking styles and patterns of behaviour
- Identify triggers for uncomfortable emotions

- Set goals and acknowledge your values
- Implement calming strategies and grounding techniques
- Give yourself permission to feel empowered and in control of your own thoughts and feelings



How to get the most out of your sessions

- Ensure you are ready to commit to regular sessions - this helps maintain your progress. Therapy isn't just for when you are feeling bad!
- Come prepared each session to share any relevant information that can help your therapist guide your treatment.