

Can We Talk?

COUNSELING CAN HELP RELIEVE LIFE'S STRESSES

You don't have to have a mental illness or lie on a couch and confess your dark secrets to benefit from counseling. Sitting upright and talking about everyday stresses, phobias, or life changes with a professional therapist can help you learn how to take control of situations that bother you.

TALK THERAPY CAN HELP

- Resolve conflicts
- Relieve anxiety and stress
- Deal with phobias
- Cope with major life changes or physical health problems
- Deal with a substance abuse problem, past trauma, sexual issues, grief or loss

TYPES OF TALK THERAPY

There are different types of psychotherapy, also called counseling, psychosocial therapy, or simply – therapy.

1. **Cognitive behavioral therapy.** This type focuses on teaching problem-solving skills to deal with negative thoughts and behavior.
2. **Psychotherapy.** This uses face-to-face discussions to talk about, define, and resolve problems. It can help you understand the issues that may be behind your thoughts and feelings.
3. **Support groups.** A therapist conducts treatment in a group setting in which people in similar situations listen to and support one another and share coping techniques.

WHAT YOU CAN EXPECT?

During your first appointment, or intake interview, you will describe your reason for being there. The counselor may ask questions for more detail to outline a treatment plan that may include number of visits, how many times a week or month to meet, and type of therapy that will be most helpful to you.

Your sessions will last about an hour at a time. Family members or friends may be asked to participate in certain sessions. Don't feel obligated to stick with the plan if you feel confident enough to deal with situations on your own. On the other hand, speak with your therapist if you feel you need more visits than what was initially advised.



Action Step

Therapists are not all alike. Some may specialize in addictions or phobias while others work best with children and families. Ask questions to make sure the fit is right.