Getting the Most from your Therapy

Topic : #201

Category: Medical-Therapy

Therapy is an investment in time and money, so make the most of it!

Be Active in Your Therapy

1. Decide to learn *something*, even if you've been ordered to counseling by court, parents, spouse, etc.
2. Take notes during or after the session. You think you'll remember, but you might not.
3. Pay attention to your reactions and emotions – they're telling you something!
4. If you don't understand – say so!
5. Think about what you might want to talk about before you go to your appt. Write things down.
6. Realize that things may get worse before they get better.

Choose the Right Therapist

1. Consider whether you're more comfortable with a man or woman. Young or old. Extroverted or Introverted. Think about from whom you're more likely to take advice or challenges.
2. Ask for referrals from support groups, medical doctors, psychiatrists, friends.
3. Call a referral service and tell them what type of therapist you're looking for.
4. Check the websites of hospitals, agencies, and clinics. They often list bio's of their staff.
5. Call the secretaries of counseling offices and ask general questions. "I'm looking for a therapist with a good sense of humor who isn't stoic and serious all the time. Does anyone in your office fit that description?"
6. Don't be afraid to change if you're not getting anywhere after 3-4 sessions.

Discussion Questions:

What are your experiences with counselors? How can you best use "the system" (insurance, Medicare, Disability, Veterans)? What are a

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