

Advance Counseling Services, LLC

What to Expect in Therapy

While everyone's experience in therapy can be similar...there are some differences as well. More than likely, for a brief season in therapy, you will experience some positive and some negative emotional responses. Positive in that you are beginning your new journey in getting mentally and emotionally healthier. Negative in that as we "stir the soup" of past and/or present difficulties/memories/traumas/experiences, etc., it may cause some emotional discomfort, stress, depression, anxiety, or some dreams. This is a normal experience at first, and, typically shorter lived.

At Advance, we will make this step as comfortable as we can. Rather than "push you off the doc into the deep end," we will "wade into it" a little at a time. Our desire and goal are not to re-traumatize you...but to help facilitate eventual healing. Like a shot, therapy may hurt a little at first, but then it can slowly release the help you are looking for.

Therapy sessions do not guarantee instant results. Many things happen over years, decades, or a life time. They are not usually "fixed" in a short period of time. Your honesty, ownership of your desires and goals, and the work you put into this outside of our sessions are priceless. Typically, therapy is a somewhat longer journey than a shorter one.

Therapy does not cure any physical illnesses. Certain symptoms that are psychosomatic (physical pain brought on by psychological pain) may be greatly decreased due to therapy. With this, we encourage you to have appointments with your PCP as needed if/when there is an illness you are working through.

With this, I believe you will be pleased with your eventual progress as we work together to meet your therapeutic desires and goals.

Thank you.

Client: _____ Date: _____

Witness: _____ Date: _____