**Welcome to ACT**

Deciding to reach out to a therapist can be an exciting but daunting first step towards better relationships, active solutions, and symptom reduction. It is important to remember that, although psychotherapy can be beneficial for everyone, it has to be your decision to come. In order to see lasting change, therapy requires you to be open about your experiences and follow through on what is discussed in session. To reduce some anxiety or concerns about what is ahead, here is a little information about what to expect in the first phone call, initial sessions, and following months.

**First Phone Call.** When you call ACT, you will talk to either the intake manager or one of the therapists for a few short minutes to get some basic information, which will allow us to best fit you with a therapist. You will be asked for a brief explanation about why you are seeking therapy, your current insurance information, and your availability for first appointment.

**Initial Sessions.** Therapy sessions last for 45 minutes and are scheduled around you and your therapist’s availability. Prior to your initial session, you will need to arrive to ACT at least 30 minutes early to fill out paperwork. Once completed, your therapist will review your paperwork and then meet with you. The initial sessions involve discussions regarding your needs, goals, and expectations for therapy. Your therapist will ask questions about your life and what brought you to therapy. It can be uncomfortable and difficult to trust someone you have just met, but your therapist is there to listen and support you. It is important to ask any questions you might have about the process.

**Following Weeks and Month.** Change does not happen overnight. The number of sessions and length of time spent in therapy varies from person to person and is on-going discussion between you and your therapist. Therapy does not always feel good. Of course, the goal of therapy is to alleviate stress and promote well-being. However, sometimes you have to talk about difficult topics and make frustrating behavioral changes before you can get there. It is not usual to hit a few bumps along the way. Do not give up. Embrace the meaningful moments and decrease in negative symptoms you will experience.