



# Frequently Asked Questions

# 1. What Is Therapy? What Should I Expect?

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Therapy is provided by a trained professional who is skilled at listening, assisting others in identifying issues, and working to help clients resolve personal, social, and relational issues.

A variety of techniques may be used to help clients identify strengths, formulate solutions, and alter maladaptive thought processes and behavior. Most of all it is a safe place to talk, share, and receive objective feedback. Individuals, couples, and families are seen in a confidential setting to address a variety of issues which may include marital problems, communication difficulties, stress and anxiety, coping with transitions in life, etc.

Often times people just need help learning to navigate life's many challenges, and a supportive goal-oriented counselor/therapist can help.





## 2. Should my partner and I come to counseling together or alone?

If you are having relationship problems and would like to work together, I would initially see both of you to get an understanding of the issues.

After a few sessions together, if you all decided to see me separately to work on individual issues, that is also an option. Couples therapy works best when done as a couple, however each partner may also benefit from working on individual issues.





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### 3. How long will therapy take?

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- It is not possible to determine how long therapy will take. We will discuss your needs and identify goals. Some goals may take a while to reach, while others may be reached quickly. Each person and situation is different, so your sessions will be tailored to you.
- Your desire for personal development, commitment, consistency, and willingness to work hard will determine how long it takes to meet desired goals. We will likely meet once a week or every other week, based upon your desire to do so. Your active participation and continued work that you do outside of our sessions will be a determining factor.

## 4. Can't I just take medication?

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I cannot provide prescriptions for medication. Medications are necessary in some situations and work for many people. Our focus here is different. While medication may treat the symptoms, it does not address the underlying issues that are at the root of the problem.

We will work to determine the source of problems and develop strategies to manage on a daily basis. We will identify strategies to accomplish your identified goals and improve your overall mental health.

