

# Kathryn Webb Therapy



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## Being kind to yourself through the therapeutic journey

Starting therapy is a small step for some and larger for others - everyone is beautifully different.

If you have had therapy before it might be similar to 'putting on familiar shoes' and for others there might be a sense of anxiety - both are okay - and dare I say it - normal.

Some clients like to 'prepare for therapy' - some clients don't - it is completely unique to your journey - and optional.

## Preparing for therapy

When preparing some of my clients have undertaken the following:

### Notepads

These can be a helpful tool as you have thoughts coming to you which you wish to discuss and don't want to forget. Kept by the bed, in your bag - to hand, brought into the therapy session as an optional aid - for some this can be useful.

You may want to write down questions you have about therapy and our time together for the first session, or notes after sessions to help you process what you are working through.

### Playlists

Creating playlists of your favourite music tracks in advance, ones that make you feel calm and regulated - which you can listen to in the hours or days after your sessions. They can act as a quick 'go to' and soother.

### Easy to access self care items

Therapy can be hard, so after sessions you may want to have self care items closely on hand to regulate you as you decompress. Everyone will have different strategies, some will look for a hot shower with zesty shower gel, some a hug with the dog whilst wearing a onesie, others a mug of luxurious hot chocolate with cream - maybe think about what your 'go to' items will be. The ones you can independently reach for after sessions.

## Therapy sessions

When venturing on our journey together you may want to consider some of the following things to help you through the process:

### **Ensuring you have a private space:**

If you live with other people it could be that you tell them that you are unavailable at the time we are meeting, that you require a private space and you cannot be interrupted. Warning them in advance will save any disappointment when you are not available.

### **The timings of your day:**

Consider your timings during the day so that you are home in good time, manage to cater to your needs, go to the toilet, have a drink and something to eat if needed. You may need to rearrange your day slightly and this may need planning in advance. If you are rushing to the session you may not feel able to be 'fully present'.

### **Being comfy:**

Make sure you are wearing something appropriate and comfy so that you can relax in the session - not too hot, not too cold, not too tight - you want to be able to breathe comfortably.

### **Your phone and email notifications:**

Switch them off whilst we are online, you may be distracted otherwise and it could stop your flow.

### **Self care items:**

Personally, I love a fidget and use these when online to keep myself focussed. I also like to have a drink nearby and a box of tissues (in case I snivel or 'ugly cry' - which when it happens - I am prepared).

### **Aftercare:**

We can feel emotional after a session so you may want to block out a further period of time after our work together to process what we have walked through. In this time you might find a warming drink, a bath or shower, walk or listening to music to be helpful - but it is very personal, you need to work out what is best for you.

### **24 hours after a session:**

You may (not always) find that you become emotional or something we have spoken about 'reactivates' briefly. This is perfectly normal - allow yourself these moments and look to meet your needs - be kind to yourself. It may be beneficial to have a ten minute 'timeout' from what you are doing, possibly listen to something that 'grounds' you, stretch, breathe or walk to reset and refocus is enough - but again, this will be personal to you.

Anything in addition to this - ask me - speak up - this is your journey and I am here for you.