

Healing from Therapy

Brochure

~Our Approach to a better understanding of your problems, and your efforts to a better understanding of your Life~

“The psychoanalytic session is to say the unspeakable and think the unthinkable. To imagine what does not yet exist”.

-Muriel Dimen

Healing from Therapy

Psychotherapy and psychoanalysis calls from all of us who are seeking assistance from it a considerable measure of personal will and commitment. It is a personal commitment to oneself to better oneself. Therapy is a process and this process slowly opens the spaces within us, which have never been explored before. It is a process of analysis, which takes you to be at a better space and place. Therefore, here are a few suggestions and guidelines to aid you in your personal journey to wellbeing. These guidelines may help you derive the most benefit and fruition from your time and investment in therapy.

1. It can be very intimidating and difficult to voice out one's thoughts, feelings, and lived experiences. You might feel exposed and uncomfortable discussing about your very personal life. However, it is important to step into therapy with an open mind and a will to share. It might be difficult in the beginning but your therapist will always be there, ever present to guide you through this process. It is not out of the normal to feel vulnerable or embarrassed of one's experiences as these are the situations, which bring out the most intense form felt emotions that need attention and care. We are all emotional beings; hence, we feel. In our conscious life there might be so many experiences, which have molded us to be the way we are. Emotions are the carrier of our consciousness therefore there is no progress in consciousness without emotions. Therefore, you should be ready to say whatever comes to your mind and share without any feelings of apprehension concerning censorship. The therapeutic dialogue can encompass your dreams, fantasies, daydreams, memories, daily life events, interactions with people, general or specific feelings concerning

oneself or others, varied emotions, difficult life situations, grief, and also feelings about your analyst. Anything that you feel is of significance to be shared can become a normal part of your dialogue with your therapist.

2. When you have begun your journey into therapy it would be advisable to maintain a journal. In this journal, you can jot down your thoughts, feelings, and emotions that you would like to share and discuss with your therapist when you meet them. During the process of therapy, without a journal, one might find it difficult to remember the events and situations spontaneously. Keeping a journal can aid and help you to become more aware and in tuned with one's thought patterns, feelings, emotions, and behavior.
3. Dreams can be an important and valuable content of your journal. To keep a dream journal can be a very interesting task. Many might forget their dreams as the day goes by; so, dreams can be recorded and can be taken up for interpretation in the therapy sessions with your therapist. Remember to keep a pen and a writing pad next to you when you wake up so that the day you see and remember your dream, you can record it the first thing you wake up. Try to write all the intricate details of the dream content including the feeling tone and the emotional tone attached with the images, symbols and people in the dream situation, including the feeling tone that one lingers with after waking up from a dream. They form a very essential source of wisdom and information in the psychotherapeutic process. This will ensure that the dream remains with you for the privilege to be interpreted for the pursuit of a deeper understanding of yourself.
4. When one starts their journey into therapy, the process of looking deeper and healing takes time. We all have our own life situations, and each of our personal trails and tribulations have its own impending effect on us; for some it might take a few months, and for others it might take several months. Therefor one can never gauge the time it would take for you to complete and end the therapeutic journey. However, it will be up to the individual to discontinue if it so pleases, according to how far they think they have come in their process of inner healing and reconciliation. It is important to remember that lasting change, especially when we are indulging in self-growth, takes time.

5. When in therapy, it is advisable to be consistent with the sessions with your therapist. As consistency is the key to recognition and transformation of old ways, which was the basis of the problem faced in the first place. If you are unable to attend a session, it is imperative that one should speak to their therapist and receive a rescheduled date for another session. This form of consistency in therapy is essential to maintain the flow of progression and the change required to bring about within oneself.
6. When you enter a therapy set up you can decide to either lie down or sit up or be in any posture, which provides you with maximum ease and comfort. Some may prefer to be out of sight from the therapist, and some might feel better to be in sight and communicate. In the present times when therapy sessions have taken a different medium of connect through the internet live sessions, one can feel free to switch on their videos or even switch off their videos if it makes you feel comfortable to communicate.

Client Information

Sessions

The therapy sessions are 60 minutes in length. You can choose your therapist, and contact us to book an appointment with anyone of them. Once you have made a request for an appointment, the therapist will contact you regarding their availability and time, which will best suit your interest. Therapy sessions are scheduled once a week, however if you feel the urge to sit for more than one session per week you can consult with your therapist.

Fees

Once you have chosen your therapist and the therapist has contacted you, feel free to discuss about the fees. The therapists have their own set of a sliding scale of fee structure, which varies. However, depending on your situation and affordability you can discuss with your therapist and come to a mutual arrangement.

E- mails/Instagram

There might be certain days when you feel the need to reschedule a session or there might be some instances wherein you feel that you need to contact your

therapist. In such situations depending on the urgency you can contact them via e-mail, or even drop a message via Instagram.

Termination

The decision to terminate the therapy should be discussed with your therapist openly without any apprehensions. Since the will to begin therapy comes from your side, the therapist should be consulted on the will to terminate. The termination with the therapist should leave you with a feeling of wellbeing and closure. The purpose of therapy is met when one who begins their journey into therapy makes a conscious decision to take their leap ahead in life with full of positivity and a lot of joy.

A Safe Space

Psychotherapeutic
Service

@asafespace