

# Moments of Serenity

May 2026

## Finding the Right Therapist: What Really Matters

Choosing a therapist can feel overwhelming, especially with so many options and approaches available, but the process is less about finding the “perfect” credentials and more about finding the right personal connection. While training and experience are important, research shows that the therapeutic relationship, built on trust, understanding, and feeling genuinely heard, is one of the strongest predictors of positive outcomes in therapy. As you explore your options, it can be helpful to notice how you feel during your interactions: do you feel safe, respected, and comfortable being open, even about difficult topics? It is completely normal and often beneficial to meet with more than one therapist before deciding who feels like the best fit, and trusting your instincts can play an important role in that decision. Therapy is not always easy, but when you feel supported, it becomes a space where meaningful growth and change can take place. Ultimately, the right therapist will feel like a collaborative partner in your journey, helping you navigate challenges and build insight in a way that feels both safe and empowering.



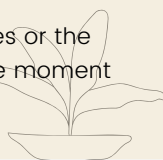
## Mindfulness Minute

### Nature Grounding Exercise

Step outside or sit near a window and take a few slow, deep breaths.

Gently notice your surroundings by identifying five things you can see, four things you can feel, and three things you can hear.

Focus on the details like the movement of leaves or the feeling of the air. Let yourself stay present in the moment as your body relaxes and your mind settles.



## Self Care

- Take a short walk outside to get fresh air and clear your mind
- Set aside 10 minutes to unplug from screens and just rest or breathe
- Journal your thoughts to process emotions and reduce stress
- Reach out to a friend or loved one for connection
- Do something small you enjoy, like listening to music or having a favorite snack

## Did You Know?

- Research shows that the quality of the therapeutic relationship, often called the “therapeutic alliance,” is one of the strongest predictors of positive outcomes in therapy, sometimes even more than the specific treatment approach used.
- It is common for clients to meet with more than one therapist before finding the right fit, and many therapists expect and encourage this as part of the process.
- Feeling safe, heard, and understood in therapy is essential, as a strong sense of trust allows clients to be more open, which directly supports deeper progress and lasting change.

## Company Highlight

### Deanna Gill, LPC

My work is rooted in trauma informed care, empowerment, and supporting overall mental wellness, especially for those navigating trauma, abuse, or postpartum experiences. Starting therapy can feel intimidating, or you may feel ready to dive in, and either way your feelings are valid and important. Therapy is a process, and my goal is to meet you where you are, support your growth at your own pace, and walk alongside you as you move through your healing journey, creating a space that feels both safe and supportive, with room for meaningful work and moments of lightness along the way.

