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Preparing For Your First Therapy Session

Think About What You Want To Achieve

Think about what you want to achieve with your counseling session and feel comfortable to share that information with Mitchell. The more open and honest you are about how you feel will greatly contribute to your therapy journey. The clearer you are, the easier it will be for Mitchell to be able to guide and assist you in achieving your goals.

Honor and Commend Yourself

Meeting with a therapist takes some courage because you are going to meet with someone you do not know and share your inner world with them. You have taken a very brave and courageous first step, congratulations, this is a wonderful achievement towards your goal of good mental health.

Expectations Should be Realistic

Keep in mind that this is your first session which will focus on getting to know you and starting to learn about your challenges and concerns. This first session is often more helpful to your therapist than it may be to you. Mitchell may have several questions to gather information across a variety of topics to get to know you, these questions are helpful to achieve your therapy goals.

Reserve Time After Each Session

If you can, it is helpful if you can take extra time off after the session. It is very common for you to be feeling emotionally vulnerable after the session, it is helpful to allow yourself space and time to decompress and reflect upon your session more deeply.

Ask Questions.

Please feel free to ask Mitchell questions prior to your first therapy appointment...by doing so it can lessen nerves and better prepare you for your upcoming counseling session.

Prepare And Relax Before Each Session.

If possible, try to prepare for your session by taking just a few moments to take some deep breaths, relax and focus on what you want to achieve with your therapy. It is natural for you to feel stressed as you prepare to share your innermost feelings. The calmer and more relaxed you can be when you start the session will have a positive and constructive influence on your time with Mitchell.

You Are The Focus Of Each Session

Have comfort in knowing that your therapy session is 100% confidential and is all about you. Mitchell is here to listen to what you have to say, hear what you are feeling and connect with you with compassion and understanding.