

TOP SEVEN "REASONS" PEOPLE SAY NO TO THERAPY

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Nobody likes to admit they need counseling. However, at some point in our lives most of us can use the helping hand of a trained expert. Even when we have exhausted our own efforts, we are reluctant to take that step and we may find ourselves making some excuses to justify our hesitation. Here are seven reasons that therapist often hear from people when they talk about seeing a mental health or alcohol/drug abuse professional.

#1 - Only CRAZY people go to therapy. I am definitely NOT crazy!

A small minority of people who see a therapist have a serious mental health diagnosis. However, the vast majority of people who seek advice at Affiliated Clinical Services are not emotionally "sick". They are going through a difficult time they are not able to resolve on their own. The reasons people seek therapy are usually very normal life situations such as marital and parenting difficulties, temporary feelings of depression, anxiety and stress, and coping with job or family pressures. Even therapists see counselors! Deciding to tackle a problem with an expert is a sign of mental health.

#2 - Only weaklings go to a therapist.

Are you kidding! It takes courage to admit you have a problem and need assistance to overcome it. A weakling lets life happen to them. Entering therapy is taking charge of your life. That is a sign of strength.

#3 - This town is small. I don't want people to know my business.

All therapists are bound by stringent rules of confidentiality. We take training yearly to be sure we protect our client's privacy in every possible way. Within the clinic, therapists do not discuss clients with other staff except in professional meetings. Even then clients last names are not used. We appreciate the importance of our clients' rights to privacy and do the utmost to protect them.

#4 - I can talk with friends and get advice for free.

Friends provide wonderful support and that is sometimes enough. A counseling relationship is different in a very important way. Friendships involve a mutual exchange of listening and sharing. The needs of both people must be considered. In counseling, the focus is solely on you and during this dialogue about you, only your needs are considered.

#5 - All of that talking does no good!

Actually, the type of talking you do in therapy does a lot of good. True, it helps if you are honest, open about the reasons you are there, and ready to try new ideas. If you are, you may find talking with a neutral non-judgmental person entirely focused on helping you is a relief. Also, therapy is more than talking. It is a discussion about the situation with a skilled counselor who will have a variety of new concepts and strategies you may not have thought of. The therapist will help you implement these techniques and work with you to make the changes

#6 - I don't know what I would say to a stranger.

Of course, you don't. The therapist knows you are confused, overwhelmed and afraid. They are trained to help you identify concerns and will guide you in talking about them. During the first appointment, the therapist will ask questions to help you get started. You will be surprised about how things will begin to seem easier as you discuss them in an organized way.

#7 - This will go on my record and will hurt my chances with my job, school, or military.

Your records are confidential. Nobody can access records without your written permission. We have even sent away unhappy police officers several times because they wanted records. We cannot acknowledge even knowing you much less sharing information. You have to sign a release of information form before Affiliated Clinical Services shares your records.

There are many reasons people talk themselves out of therapy. The biggest is probably fear. It is scary to talk to someone you have not met about very personal and sometimes uncomfortable issues. However, most people find fear, embarrassment, and confusion are soon replaced by a sense of hope and confidence. The therapists at ACS know you feel unsure and they will help you feel at ease. Give therapy a try. It could be one of the most effective decisions you have made.