

GET THE MOST OUT OF THERAPY

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If you have ever seen a therapist in the past, are seeing a therapist currently, or plan to see one in the future, it's important to get your money's worth.

Here are some tips and tricks to getting the most out of therapy:

- **Find the right therapist for you.** The first appointment can be awkward or uncomfortable, so you may need to attend several times before deciding. Sometimes it's an instant connection with a therapist, sometimes it's not. Sometimes it works for a while until it doesn't. It's okay to try several therapists until you find one that works for you. Evaluate each therapist not just on their

credentials or specialties, but on how comfortable you feel talking with each of them, if your schedules match up, and if the financial cost is manageable.

- **Come to therapy with an idea of goals you'd actually work on.** The goals you bring build togetherness and collaboration with the therapist. Goals focus your mind on change and direct the therapist on which strategies and resources to use.

- **You'll need to work on therapy material more than a single 50 minute session a week.** Put in work outside the therapist's office. Keep a progress journal, reflect on your last session throughout the week, prepare an agenda for your next one, and generally pay attention to your

thoughts and feelings throughout the week. Change will follow your efforts.

- **Go to therapy sooner than you think.** Don't wait until problems are huge. The longer you wait to fix a problem, the bigger the problem will become.

- **Therapy is not "one size fits all".** There are more than 50 types of psychotherapy. Some are more common than others, but there are many avenues to try. Ask your therapist which approach they use and how their approach could work for your situation.

- **Say anything and be yourself.** You do not need to filter what you say. Be authentic, honest, and open. Therapy is a safe place to brainstorm and vent whatever you need to.

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