

Going to Therapy



This story is about seeing a therapist.

Working with a therapist is important to keep
my mind and body healthy.



I will first arrive at the building and sit in the waiting room. I can choose to do an activity while I wait for my therapist.



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In therapy, I can talk about lots of things, like how I'm feeling and what I'm thinking. They are someone I can trust and are there to help me.



My therapist may also talk with me about things that are bothering me or about hard things that have happened in my life. I can always say, “I don’t want to talk about that today.”



If I feel nervous, I can

- Ask someone I trust to sit with me during the appointment
- Think about something that makes me happy
- Ask my therapist to take a break at anytime



Next, I will go into my therapist's office. I can find a comfortable place to sit.



My therapist and I may do lots of different things together like play with toys, make art, or read books. My therapist may ask me questions to learn about me and write down what I say to help them remember and to help me in the future.



My therapist will work with me to decide when I
will see them next.



I did a great job learning about my therapy
appointment!

