

## What To Expect

Work. Therapy is work, and sometimes is not fun (although sometimes it really is!) Things might get worse for a while in therapy, as difficult issues are explored and emotions are released. Some sessions may leave you feeling emotionally drained. Sometimes change and results can be dramatic and quick, and other times it may go in fits and starts, or painfully slowly. My office is a safe place for exploring your issues, and I also stress that you use healthy ways to take good care of yourself in the many hours outside of therapy.

## Your Job

As a client, you need to show and do your homework. You need to show up and do your homework. You are in therapy for only one hour of 168 hours of the week. I have no control over what you do when you walk out the door. So the changes often take place out of my office, when you experiment and try new things. Your job is to try to stretch, to think, to process, to be curious about yourself, and to be a little bit brave. In essence, you have to work at your therapy. The more you put into your therapy, the more you will get out of it. I cannot change you, but I can be with you as your consultant and cheerleader as you make needed changes. As a result, I cannot take the credit for the success you have in therapy, you own that!