

Common Questions

Why talk to a therapist? I can talk to a friend.

- It's great to have friends that you can be open about your life. However, it may be hard for them to be unbiased in certain situations. In therapy, you can be completely honest without judgment or negative opinions. You'll learn a lot about yourself and learn healthy coping mechanisms you can use in everyday situations.

What will therapy be like?

- Therapy is different for everyone because each individual is attending for their own reasons. You'll be invited to share what's on your mind and encouraged to talk openly with the therapist. Of course, the therapist will ask questions and talk as well. Typically, in the beginning the client comes once a week. Eventually, they may feel comfortable spreading the sessions out to once a month. Ultimately, it's up to the client how often they want to attend therapy.

Will therapy help me?

- Therapists can provide a new perspective, help find a middle ground and a solution. For therapy to fully work, one must be committed to the process, take responsibility for their own life and want positive results. The goal is to help the client take what they learn from each session and apply it to their life. You must work together to discover the right solution. The benefits obtained from therapy depend on how well you use the sessions and use what you learn.

Will I have to take psychoactive medications?

- Medications are often used in conjunction with therapy to treat certain conditions. Therapy aims to address the root cause and find a solution to the underlying issue. In many cases, a combination of therapy and medication is recommended. If needed, this can be evaluated during a therapy session.

Are mental health specialists covered by health insurance companies?

- This depends on each individual's health care coverage. Call your provider to find out further information. The following are recommended questions to ask your health insurance provider:

- Does my insurance cover a mental health specialist?
- What is the co-pay?
- Do I need a referral from my primary physician?
- Which offices are in-network?