

DOWNLOAD PDF UNDERSTANDING YOUR THERAPIST, OR, WHY IS THIS TAKING SO LONG?

Chapter 1 : Attachment Theory and the Healing Psychotherapy Relationship

You're not going to find the answer to your problems in your first therapy session. Successful therapy requires multiple sessions, and it can take weeks or even months to see results. Some issues are so severe that people don't begin to see progress until years later.

Attachment to Your Therapist: This series of posts in expanded E-Book form, on Amazon. I have a very strong attachment to my therapist and have come to see him as a father. Anyway, anything on those issues, would be incredibly useful. And yes, I do talk to him about it as well, but having a more detached view of it would be really helpful for me. The consulting room is an emotional candy store. The therapist has no other mission but to understand you just as you are and help you heal and grow. In the case of psychotherapy, you do give back, but in a different currency, that allows for all the feeling of being taken care of. It would only be bad if it caused harm. I think it is the main source of energy to drive the therapy forward. When patients come to therapy, there are really two patients. There is the adult patient who listens dutifully while the therapist drones on on about how understanding will help you make changes and it is hard work and it is really up to the patient to want to change. Meanwhile there is a little kid who knows how things really work. The child in us all knows what he or she needs and is not interested in dull substitutes. She or he came in with a list of unfinished business from long ago, all the issues that she was not able to solve at the time. She saved them up for a time when conditions would be different and now it looks like conditions may just be right. Children know that when there are problems, the ones who have the real power to solve them are the parents or other caregivers. The child will invent a whole list of strategies: Give the parent love, be unworthy so the parent will feel less bad, perform brilliantly so the parent will wake up and take notice. What they all have in common is the goal of changing the parent. You guessed it, the child going into the psychotherapy consulting room is planning to use some of those very same strategies to get the therapist to change because that is how things get better. Of course the therapist has another idea. Let me digress for a moment. The power of this situation is hard to underestimate, and with so much power there are opportunities for bad outcomes. This one rule covers essentially all the bad things that therapists can do. So the two go through their dance. On the other hand when they do come out, it is painful because they are not fulfilled. Hopefully the therapist understands this pain and, by being an empathic witness, helps it to heal. On the other hand, as the process goes on, the wishes are more and more obviously young ones. As they intensify, they become less realistic, less adult and more insistent. This may be embarrassing, even cause for feelings of shame, but it is exactly what has to happen. As the wishes become more intense, the frustration with the therapist for responding only with understanding becomes more sharply painful. The anger, hurt and sadness are very real. By putting off fulfillment to the future, the child was able to maintain hope and avoid the painful feelings. That is not so bad, since there was no way the feelings could be attended to back then. What the therapy has done is to force those long-avoided feelings out of hiding. Finally the situation from long ago has been recreated in the present and the feelings are palpably real. It is when feelings are actually present in the room that they can heal see more on catharsis in the regular part of my website. There is nothing as-if about it. It feels like anger and pain and sadness about life. For better or worse, that is when the most important therapeutic work gets done. Eventually the feelings heal and a more grown-up, philosophical view takes over not the pseudo-adult one we started with, but a real acceptance. As this happens, it becomes more clear that some of the wishes actually can be fulfilled, but not by the therapist. Be sure to check the other posts in this category. The next one is here. You may also like.

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Chapter 2 : Going to a Therapist

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Whatever your reason for seeking help, you will be more at ease and get better results if you know what to expect. In your first session, the therapist typically will ask certain questions about you and your life. This information helps him make an initial assessment of your situation. Questions he might ask include: Why you sought therapy. A particular issue probably led you to seek counseling. The therapist has to understand your surface problems before he can get to the deeper issues. Your personal history and current situation. The therapist will ask you a series of questions about your life. For example, your problem might be causing difficulty at work. The therapist will use this information to better understand your problem. Here are some things you can do to make your first session as successful as possible. The therapist can do his job more effectively if you answer the questions openly and honestly. Make a list and then read it out loud. Hearing yourself say it a few times will help you describe things more clearly to the therapist. Be open and honest about your feelings. A lot will be going through your head in this first session. Listen to your own reactions and feelings, and share them with the therapist. Be sure to go to your first session with realistic expectations. Therapy is not a quick fix for your problem, rather it is a process. With some effort on your part and a strong relationship with your therapist, it can be a successful tool toward resolving problems. Retrieved on November 11, , from <https://>

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Chapter 3 : Taking Your Child to a Therapist

Before consulting a professional about your mental health issues, know the difference between a therapist and a psychiatrist and which one to consult best. BetterHelp offers private, affordable online counseling when you need it from licensed, board-accredited therapists.

And by therapist I mean a mental health therapist. I understand how difficult it is being a client in a new therapeutic relationship. They ask you questions because in order to understand you properly, in order to tailor a treatment approach to you specifically, they need to know you as an individual. Each person has strengths, weaknesses, and quirks. And your therapist should be very sensitive to those. Every therapeutic relationship is different. Some clients like a direct, confronting approach; others prefer a casual talk-therapy approach. It all depends on the client. But some therapists make outright mistakes in sessions. Mostly, therapists stick to their ethical guidelines, seek supervision in difficult cases and keep up-to-date with industry standards. This is a good thing. Regardless, each therapist has their own approach to providing therapy and for you, the client, sometimes you need to make a decision about what kind of therapy or therapist, is right for you. So to avoid investing all that time into the wrong therapist. Here are some warning signs your therapist is not a good fit for you. Maybe your therapist has a body piercing, a speech impediment, an accent, dresses too casually, or laughs too loud. Whatever it is, if your therapist is wearing or doing something that distracts you from therapy, you might need to reconsider your choice. A part of therapy involves personality fit between therapist and client, you might not find a perfect therapist for you, but you can at least get close. All therapists need basic listening skills. They reflect back to you using paraphrases and summaries. Your therapist laughs and jokes inappropriately. This is a sign that the therapist is able to be themselves around you, and that they see your relationship as having a good level of trust. But, if your therapist makes a mistake and offends you, then that mistake should never happen again and the therapist should try to correct the error. Your therapist looks at the time. Sometimes, people do things without realizing it. Let your therapist know that their time-checking is annoying you and ask them to stop. If it ever happens again, I suggest finding someone else to be your counselor. Sometimes, in therapy, a client is going through a difficult time. And on occasion this difficult time results in a loss of finance. Now, sometimes therapy is expensive, but if you have been seeing your therapist for three or four sessions and then suddenly find yourself unemployed and without an income, your therapist should continue to see you. Your therapist needs to make some sort of agreement with you. I think when clients invest money in sessions they perceive their sessions as having more value. But a therapist should certainly support you through a rough financial spot. The only way we know therapy has worked is by something changing. And we go to therapy because we want something to change. Most clients have about 3 - 10 goals on their lists. These goals should be set at the very beginning of therapy. At least within the first 1 - 2 sessions. And these goals should be revisited, often. There should also be sub-goals that you are working towards each week to achieve the larger goals. For example, if your goal is to cut back on stress levels. Then find someone else. What an amazing thing it is that you have the courage to visit a stranger, tell them the truth about who you are and then work towards improving yourself. Then give them the boot. Your therapist makes you uncomfortable. Now, we need to be careful here. Then you might need to find someone else. If therapy itself is making you uncomfortable, that might just be you adjusting to the process, which can be confronting. Your details are disclosed without your knowledge. This is a legal and ethical issue. If your therapist discloses your personal information without your written consent, to anyone without being subpoenaed by a court of law and without suspicion of self-harm or child abuse then you should find someone else, immediately. You might even want to report them. Your therapist tells you what to believe. I know my morals and beliefs. But not everyone can pick up on this. In therapy a therapist is the expert. They are guiding their clients towards healthy thinking, and we want to trust them. Your therapist should not tell you what morals to abide by. If you believe in god, or have religious beliefs, your therapist should not tell you your

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religious beliefs are wrong, either. But they should never cast judgement on your behavior. If your therapist does this, then find someone else. If you ever have any problem with your therapist. If you do not like something they said or did. Try to correct the issue first. If it continues, then please move on and invest your time with someone who you feel really cares and listens to you and wants you to achieve your therapeutic goals. She writes psychology articles for magazines and is currently publishing an academic paper on Expressing Emotion via the Internet.

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Chapter 4 : Ten Questions You Need to Ask Your New Therapist

So if you're thinking about trying out counseling, here are a few reminders that might calm your fears about taking the plunge. Here are 10 things we'd like you to know about what it is we.

Or they need help when problems affect how well they do, feel, or act. Sometimes, entire families need support while trying to communicate, learn, and create boundaries. **How Does Therapy Work?** In therapy, kids learn by doing. With younger kids, this means working with the whole family, drawing, playing, and talking. For older kids and teens, therapists share activities and ideas that focus on learning the skills they need. They talk through feelings and solve problems. Therapists give praise and support as kids learn. They help kids believe in themselves and find their strengths. Therapy builds helpful thinking patterns and healthy behavioral habits. A therapist might meet with the child and parent together or meet with the child alone. A therapist might also meet with a parent to give tips and ideas for how to help their child at home. **What Happens in Therapy?** At first, the therapist will meet with you and your child to talk. They will ask questions and listen. This helps them learn more about your child and about the problem. The therapist will tell you how they can help. After that, your child will go to more therapy visits. At these visits, your child might: Talking is a healthy way to express feelings. When kids put feelings into words instead of actions, they can act their best. When someone listens and knows how they feel, kids are more ready to learn. Therapists use activities to teach about feelings and coping skills. They may have kids draw or play as a way to learn. They may teach mindfulness and calm breathing as a way to lower stress. Therapists help kids practice what they learn. They might play games where kids need to wait their turn, use self-control, be patient, follow directions, listen, share, try again, or deal with losing. With older kids and teens, therapists ask how problems affect them at home, at school. They talk over how to solve these problems. Most of the time, a therapist will want to meet with your child once a week for a few months. **How Can Parents Help?** You can do things to help your child get the most from therapy. Here are some of them: Find a therapist you and your child feel comfortable with. Take your child to all the appointments. It takes many therapy visits for your child to learn new skills and keep them up. Ask what to do when your child shows problems at home. Ask how to help your child do well. Spend time with your child. Play, cook, read, or laugh together. Parent with patience and warmth. Use kind words, even when you need to correct your child. Give praise when your child is doing well or trying hard.

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Chapter 5 : 10 Signs You Need A Different Therapist | A Counselor's Observations

"Your friends and family can listen and provide support, but a clinician is trained to understand your psychological behaviors. They can help you uncover the why, " Cummins says.

Here are ten questions everyone should ask their new the therapist regardless of why they are going in the first place! What qualifications do you have? Most therapists are more than happy to share their experiences and qualifications with you and its a question you really should ask, especially if you are going to a therapist seeking a particular type of therapy. If they are not willing to share this information with you I suggest you seek someone else to work with you. Have you Been in Therapy Yourself? This might sound like a weird question, but often those who have been in therapy themselves will be a lot more understanding from your own point of view. If they have worked with people with your symptoms before they might be able to help you reach your own goals quicker. What is Your Cancellation Policy? For some busy therapists, you could still be charged for cancelling if you phone 48hrs in advanced, but most of them require 24 hrs notice. So its good to make sure you understand what notice they need, especially if you lead a busy lifestyle yourself. How Flexible is Your Availability? If you work you will need someone who works after hours, or maybe someone who does therapy on the weekends. This is even more of an issue if you work sliding shifts for nights. So make sure they are flexible and try to pick a regular time and stick to it. This is especially true if you have just started to work with them as questions can easily crop up after each session. While this is not a question that will apply to everyone it is something worth considering, especially if you are under Whatever the reasons you might bring someone along with you it is best to ask at the start of your therapy journey. The more frequent your sessions the more help you will need and in theory the longer you will need to be in therapy for. If you feel you need a little extra guidance between sessions then you might want to ask about possible breathing exercises or even some wellness practices to try. But most therapists are always happy to print off information or at the very least suggest a few things or even the name of a few good books to follow along with. This list is just a small selection of the things you should be asking your therapist. So if you have any others you think people need to ask do leave your suggestions in the comments below.

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Chapter 6 : Attachment to Your Therapist

Your therapist, sometimes known as a psychotherapist or counselor, is an important part of your treatment team to overcome your phobia or phobias. Overview If you suffer from a phobia, you may see several mental health professionals.

Share on Pinterest Approximately 1 in 6 adults in the United States experiences mental health issues in any given year, according to the National Institute of Mental Health. Luckily, among those 44 million Americans are celebrities who are using their platform to raise awareness and normalize talking about mental health issues. That includes Kanye West. Unfortunately, Kanye went on to make some polarizing comments about therapy: Today, younger generations are viewing therapy as a crucial part of proactively maintaining their overall wellness, says licensed psychologist Erika Martinez, PsyD. Maybe you feel embarrassed to require help beyond what friends or family can provide, or maybe you “like Kanye” just have yet to understand the benefits of paying to talk to someone. These eight reasons to talk to a therapist, rather than friends and family, may change your mind: You can talk to them about literally anything without needing to filter yourself for fear of being judged. These are the best-case scenarios. The worst case is that your friend or family member may actually want to control you or keep you in a pathological state for their benefit, he adds. And most importantly, they can also give you healthy coping strategies, so you can change your behaviors, or move past dysfunctional thoughts or difficult emotions, she adds. With any other relationship you have in life, something is needed in return. A therapist will understand that everyone is on their own timeline when it comes to getting over a breakup, settling into a new job, or processing any other obstacle, Cummins says. And when it comes to other serious mental health issues like depression or anxiety or even sub-clinical issues like loneliness or social anxiety a therapist will never minimize or brush over your issues as not serious enough or worthy of attention like your friends or family may. Of course, talking to select friends and family who do make you feel understood and validated can be helpful, especially if you just need a vent sesh about life stressors, says Carroll. They can help you grow as a person. Because of their training, a therapist is uniquely equipped to give you insight into your behaviors that can help you grow in ways that might be impossible on your own. Look up a list of in-network practitioners on your insurance company website. It lets you filter by: Some therapists also offer a sliding scale to help those who are limited financially. Check out their websites and request a phone call. Most will offer a free, minute phone consultation. Ask yourself whether this is someone you feel warm when talking to. Move on to the next. You can also check out digital therapy apps like Talkspace or BetterHelp, that match you with a licensed counselor whenever you need for a flat monthly rate. Taylor Gold is a writer living on the East Coast. Medically reviewed by Timothy J.

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Chapter 7 : What to Expect in Your First Counseling Session

*Try these 4 exercises so, when the crisis hits or the stress builds up to where you think you can't take it, you'll be ready!
Teaching Kids to Be Both Strong and Kind It's not your imagination.*

Therapy helps people talk about their feelings. It helps them work through problems and learn new skills. When they do this, they start to communicate better and do better. People need therapy for different reasons. Some people need to ease depression or anxiety. Others need it to improve their attention, learning, and focus. Some people need help with anxiety, worry, or fear. Everyone deserves help to deal with problems. How Does Therapy Work? In therapy, people learn by talking and doing. A therapist will share activities and ideas to build the skills a person needs. People learn ways to solve their problems. Therapy builds helpful thoughts and encourages healthy behaviors. Therapists help people feel encouraged as they learn. They help people see the good in themselves and find their strengths. What Happens in Therapy? At first, your therapist will talk with you, ask questions, and listen to learn more about you. This helps your therapist understand the problem. Together you will make goals for what you want help with. In therapy sessions, you might: Therapists have people talk about their feelings. Talking is a healthy way to express feelings. It helps people feel accepted, understood, and ready to learn. Therapists might teach lessons about emotions, coping skills, or facing fears. Activities and worksheets help make these lessons interesting. A therapist might teach skills like mindfulness and calm breathing. You might learn ways to face fears or lower stress. Or how to speak up for yourself. In your therapy meetings, you might practice the skills you learn. Your therapist will ask how problems affect you at home and at school. You will talk together about how to solve these problems. How long therapy lasts depends on your goals. Most of the time, a therapist will want to meet with you once a week for a few months. How Can You Help Yourself? Be ready to grow. Have a positive attitude. Let them help and show they care. Work on your strengths. Spend time doing the things you are good at. This helps you build confidence. Take care of your body. Exercise and eat healthy foods. Take time to relax. Be with people who bring out your best. Take care of your mind. Learn mindful breathing to help you be calm and focused. The more you do this, the more it helps.