

## Common Questions

### Do I need therapy?

Most people like to think of themselves as being able to handle their own problems. And many people can and do. However, most of us also benefit from the support of others. With support and guidance most people find they do a better job of handling life's difficulties. Therapy does not interfere with your ability to handle your own problems. It helps! I see my job as to help you find the right path for yourself, so that you can manage whatever life brings you. Most people find that discussing their hopes, fears and concerns with another helps them see possibilities that they could not previously see.

### What is therapy like?

Therapy is a relationship in which the focus is on learning more about you and helping you to live the life that reflects your goals and values. While during the first few sessions I ask a lot of questions to help me get to know you and understand your situation, generally sessions are driven by you and what you need to explore on any given day.

### Why not just take psychotropic medications?

Many people find benefit by taking medications for depression, anxiety and other symptoms. However, some do not. Best practice has generally been considered to be a combination of medications and therapy. While medications can reduce symptoms and limit distress, medications cannot help you understand the underlying issues driving your distress. Therapy will help you understand the root cause of your symptoms and help you develop the insight and tools to improve your overall well being. In addition many people find that with the right support and therapy they are able to feel better with therapy alone.

### Is therapy confidential?

Therapy is confidential. I cannot tell anyone, anything about you without your written consent. There are exceptions to this rule around issues of safety, neglect and abuse that I will explain at our first meeting. Beyond that, while you can tell me anything you'd like, I cannot repeat what you tell me without your permission.

### How does therapy work?

Most people feel embarrassed or ashamed of what they perceive as their weaknesses or problems. By expressing your concerns to me verbally (or visually in art therapy) you will gain perspective, acceptance and a deeper understanding of your situation. This will free up your energy so that you will begin to learn new ways to cope with your problems and change. While I rarely give outright advice or steps to follow, I will make suggestions, help with problem solving, weigh the pros and cons of certain responses and behaviors and help you to see how you would like to change.

### Will therapy help me?

Most people find benefit from attending therapy. However, the "best" therapy happens when there is a "good fit" between therapist and client. I recommend meeting for a consultation session or two so you can meet me and determine for yourself if you think you will be able to work with me. Therapy generally helps people start to feel better within the first few sessions. However, substantial and long term change requires a commitment on your part and occurs slowly and over time. Therapy does bring up uncomfortable feelings. It is important that you tell me about your feelings and reactions to our work. This will help both of us understand your needs better.

Ideally my approach helps you to gain personal insight and a greater ability to understand and manage your feelings and to act on your own behalf.

### Do you accept insurance?

I am an in network provider for several insurance companies. Please call me to find out in which plans I participate. If I am not a provider for your plan, I can also accept reimbursement through out of network benefits. If insurance is not available, I do accept cash and checks directly from

clients. If paying for therapy is a barrier please talk to me about what you can afford. Ultimately it is your responsibility to determine your benefits and ensure payment. You are responsible for fees not covered by insurance. Fees and payment will be discussed at your first session.

More questions?

Please feel free to call me with your questions. I look forward to hearing from you!