

WHAT IS THERAPY?

According to the American Psychological Association, therapy (also referred to as counseling or psychotherapy) "helps people live happier, healthier and more productive lives. Grounded in dialogue, it provides a supportive environment that allows you to talk openly with someone who's objective, neutral and nonjudgmental." Here are a few guiding principles to increase your understanding of the therapeutic relationship and the work you can do with your Provider.



Collaborative

Everyone wants to feel heard, seen and understood. Therapy is dedicated time to explore your inner world of thoughts, beliefs, feelings and behaviors. Think of it as a positive alliance that you create with your therapist to explore patterns, create meaning, set goals, shift perspectives, understand the language of your stories, problem solve and gain insight.



Non-judgmental

Unlike other relationships in our lives, the therapeutic relationship strives to be a non-judgmental process. Your therapist witnesses you with a great deal of respect and honors you as naturally creative, resilient and whole. Learn to access your natural wisdom that often gets blocked by the obstacles faced in life. You could think of your therapist as a gentle guide.



Trauma Informed & Evidence-Based

Healing from trauma is absolutely possible. Your therapist has been trained to empower your strengths, support you in feeling safe, advocating for yourself, foster recovery, assist you in making healthy choices and collaborate with you to create thoughtful goals. Trauma may be something that happened to you but it does not define you.



Personal Growth & Development

Your therapist is not the authority on your life. They only know what you share with them. Their role is to support you as you navigate life. Therapy creates opportunities for growth by increasing our understanding of what causes stress, conflict, pain and fear and how we can increase positive emotions like love, connection, joy, belonging, creativity and gratitude.



Present Moment Awareness

Mindfulness is "the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally." Therapy is a mindful process that teaches us to be with what is uncomfortable (thoughts, feelings, etc.) by naming it, normalizing it, putting it in perspective and reality-checking our expectations. We move our attention from the past and from the future into the present moment.



Supportive & Resourceful

Therapy is a supportive and healing practice that can take place in a group or individually with a therapist. Regardless of the format, the heart of any therapeutic relationship puts your needs first. Whether it's the difficulty of living with chronic pain, coping with grief associated with aging or the loss of loved ones, leaning to manage anxiety or reducing symptoms of depression, therapy is a dedicated time for you to heal, reflect and grow.