



If you are, or intend to invest in therapy you need to be congratulated on being someone who is prepared to make changes in order to get the life you want. It's a far better choice, rather than to sit and hope that things will change on their own without intervention.

But why is therapy more successful for some, than it is for others? It's not a mystery. Make no mistake, therapy does work. But it does rely on some simple principles, and here are some of them to get you started:

1. You have to be comfortable enough with your therapist, to be able to connect intellectually and/or emotionally. Therapy often requires some level of confrontation and challenging your current ideas. It's difficult to do these if you don't feel comfortable with your therapist.
2. Like any profession, therapists are not all alike. Often, we use different frameworks, theories and strategies. If things weren't overly successful last time, the next time around you may have an entirely different experience.
3. Try to be as honest as possible during sessions. Your therapist can't build a true picture about what's happening for you if there are pieces of the puzzle missing. Therapists strive to make the environment as safe as possible.
4. Make as many notes as possible during therapy sessions. Often a lot is covered and it's hard to remember everything. Your notes will help you to digest and process things more thoroughly when you have available thinking/processing time.
5. Practice and apply strategies learnt in session as often as possible during the week. Like any sort of change or learning a new skill, the best results will come with dedication and frequent practice.
6. Read and reflect on any handouts given to you. They will have been given to you for a reason / because they are important.
7. I understand that we all have financial, time and other restraints but spreading therapy sessions out over a longer period of time often delays progress. Imagine you are pushing a broken-down car. You don't push, then stop, you keep the momentum going. Therapy is usually the same.
8. Write down any important thoughts or emotions that come up during the week so you can discuss them in the next therapy session. Our time together is precious, so make the most of it and if something comes up for you during the week, it's important. It's important for you to discuss it, and it's important for your therapist to know what's been on your mind and what's been surfacing for you. It could be more important than you think. Sometimes small things, indicate bigger things.
9. Have faith in the process and look forward to positive change!