



What to expect from therapy?

It is important for you to have a sense of what your goal is and what you wish to address in therapy. If you are not sure where to start, let us offer you some guidance:

First thing is to find a therapist that has availability, accepts your insurance and is the right fit for you. The NYC EAP can assist you with this by researching potential therapists based on all these factors. Or, you can search yourself. Best thing to do is to start with the referral phone line on the back of your insurance card.

Once you've identified a potential therapist, we suggest addressing the following:

- Confirm that the therapist is a provider with your insurance and that you will only be required a co-pay (if applicable).
- Check to see that therapist has knowledge and experience you are looking for:
 - A particular issue (anxiety, depression, addiction)
 - Culturally competent (has positive attitudes towards cultural differences and has knowledge of various cultural backgrounds and world views)
- Ask for a brief explanation as to what I can expect to happen in my sessions (for your first session as well as ongoing sessions).
- What treatment approaches do you use, and do you have any specialties?
- What are your office protocols--booking appointments, cancellation policy, payment for missed appointments, emergency cancellations?
- How long will each session last?
- Do you see this as a long-term or short-term experience?
- How can you assure my confidentiality?

Some questions therapists commonly ask:

- What brought you to seek therapy?
- Have you ever seen a counselor before?
- What do you expect from the counseling process?
- How does this problem typically make you feel?
- How would you describe your mood?
- What would it take to make you feel more content, happier and more satisfied?
- What are your symptoms? Are you having or have you had thoughts of harming yourself or others?
- What would you like to be different when you walk out of here today?
- Whose idea was it to come here today?
- What has been going well for you?

Your issues are explored, and you will need to talk a fair amount during initial sessions so the therapist has a sense of who you are and how to best support you.

Your therapist will likely ask questions about your history – childhood, education, relationships, and family, in addition to your “presenting problem”.

Being as honest as possible and answering as many of the therapist’s questions will make your therapeutic process most beneficial, but you can share information at your own speed.

It is also important to note, a mental health professional is legally required to maintain your confidentiality unless you are a danger to yourself or someone else.

Your therapeutic experience will be most successful and fulfilling if...

- Acknowledge that therapy will not fix you, but that YOU will fix you.
- Realize that it does not always make you feel better initially.
- You participate in the process rather than rely on advice and directives.
- Know that therapy is not the same as talking to a friend or loved one.
- You are comfortable with your therapist and you trust them.
- Have faith and hope in the process.

Sources: Psychology Today, Psychcentral.com



If you have any questions about therapy, email the NYC EAP at eap@olr.nyc.gov

or call and leave a message at: 212-306-7660

Website: nyc.gov/eap