



What to expect in therapy...
and why you shouldn't put it
off any longer.



Talking for Wellness



If you've never gone to therapy, you may be wondering what to expect.

First, it's not a TV show with a detached listener sitting back taking notes while you muse on a couch. Therapy is a conversation with a guide trained in understanding underlying patterns and triggers that are not clear otherwise. They bring insight and awareness to what's happening in your life and how your body and mind respond to life events. They also teach you the tools and strategies you need to develop effective ways of dealing with these situations...actions you can take and skills you can use every day to live a calm, confident and successful life.



“Things in my life finally started making sense.”



Is therapy just hiring an expensive listener?

While compassionate listening is an important part of the therapy process, our therapists have master's and doctorate degrees and have spent years studying how people change, relationships, work environments, conflict resolution and communication.

Our founder, Dr. Nathilee Caldeira, puts it this way: "We spend a decade (sometimes more) developing our skills and abilities as therapists, so we can help you get to an understanding of what's driving your habits and choices. Then we use that understanding to help you effectively take action and change the situations you would like to change, the work we do will then helps you to maintain those changes."



It's hard for me to ask for help. I'm embarrassed to admit I don't have it all together.

Welcome to being human. When life is stressful and confusing, the most difficult thing can be to ask for help. If you've considered therapy but couldn't bring yourself to take that first step of finding someone to talk to, you're not alone. Many people know they could use support but put therapy off for months or years, only taking action when life gets so overwhelming they can't function normally. When they do decide to come in, we often hear this comment, "I just wish I hadn't put it off for so long."

We understand how hard it is to reach out to a stranger when things are difficult. So, we make it as easy as possible for you to take that step.

1. You schedule a free initial consultation and share as openly as you can what's happening in your life and what kind of therapist you want to work with.
2. We find you the best person out of our 19 licensed therapists and counselors to help you.
3. You gain insights and develop tools that help you live your calm, confident, and courageous life.





I've thought about giving therapy a try, but how do I find the right therapist?

Excellent question, because the most important indicator of success in therapy is the relationship you develop with your therapist. Nationwide sites, like Psychology Today, give you lists of therapists to choose from, but it's difficult to know which therapist is the best match for you by just reading a profile.

We help you find your match.

Our group practice has 19 licensed therapists. Not everyone will be a great fit for you, so we invite you to tell us about what you're looking for in a free initial call so we can help you find the best match. Instead of having to call and make appointments with 19 separate therapists, we guide you to a skilled helper who has the kind of personality and schedule that works for you. If the first therapist is not a good fit, you can easily schedule with a different therapist in our practice. And feel free to have some questions ready for us. Let us know what you're looking for and ask us how we would help solve your particular issue.

What's the first session like?

Like any professional appointment, there's some paperwork to get out of the way. Then, a first session will typically involve your therapist asking questions about your history, your background, and your current situation. Your answers will help your therapist begin to understand you as a person and will often provide initial insights into the challenges you're facing. The therapist will give you some feedback and make a recommendation. The first session is also an opportunity for you to ask any question you like about the therapy process. Each session lasts 45 minutes.

Will I be in therapy forever?

Our therapists are solution-focused and, while not every problem can be resolved in six sessions or less, you'll develop the awareness and resilience to live your life confidently and skillfully. Because change happens as a result of the relationship you have with your therapist typically it makes sense to begin with weekly sessions.

You and your therapist will discuss the frequency and length of treatment and you will also discuss how and when to end therapy. Because you will typically develop a strong relationship with your therapist, you can always return to the same therapist in the future when difficult or novel situations arise and you'd like some help moving through them with grace and ease.



I'm not sure whether my insurance will cover therapy or not?

It's important to know an insurance company will only pay for sessions if the therapist provides them with a mental health diagnosis that stays in your medical record. The insurance company can also request your records at any time, in other words using your insurance requires that you give up your privacy. If you would still like to or must use your insurance, we can answer all of the insurance questions. We'll first get your information, then find out what coverage you have and let you know. If you aren't covered by an insurance plan that we accept, we can help you navigate out-of-network coverage. It's one of the little things we can do to help relieve your stress and we're happy to do it.



How much time and money does it take?

Clients often worry about the costs and time commitment to give therapy a try. Once we get your insurance information, we'll let you know what your costs will be and how long we think it will take. It's important to note that you remain in control of your therapy at all times. You and your therapist will discuss the frequency and length of therapy, as well as when to end therapy. Most clients realize that their investment in therapy is paying off in spades in other areas of their lives. When you have the confidence to ask for a raise or a promotion, rise to a work challenge, and manage relationships well, your decision to start therapy becomes clear.

I'll think I'll just put this off and wait for it to take care of itself.

We know how easy it is to think this, and there's some really good reasons to reconsider. The anxiety you're feeling today doesn't just resolve itself. Over time, it can develop into a debilitating depression that can wreck some serious havoc in your life. The longer you wait, the more life tends to become overwhelming. Sadly, we've only heard the opposite, "things just kept worsening". You might lose an important relationship or miss important opportunities at work. One thing is for certain, when you develop the skills and resilience to deal resourcefully with whatever's happening in your life, your life improves.

It's time to find your fit and develop the skills to live your calm, confident and successful life.



Get relief today. Schedule your initial call.
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