

# MYTHS ABOUT THERAPY

## 1. COUNSELING MAKES PEOPLE TOO FOCUSED ON THEMSELVES

It's true that counseling involves reflecting on your thoughts, feelings, choices, and relationships and increasing your self-awareness. But the point of all that increased awareness is to allow you to make more informed choices about what's important to you, how you get your needs met in the world, and how you impact other people. While it does take a certain amount of self-reflection, it often results in you being more attuned to and present with other people in your life. Taking care of yourself actually frees you up to be a better friend, partner, parent, and colleague.

## 2. COUNSELING WILL COST ME A FORTUNE

If you aren't being reimbursed by your insurance company, counseling services can add up. But it is worth it! You are investing in your future. Before you say "it's too pricey," think about the cost of NOT doing therapy. Possible decline in job performance? Continued stress in relationships? Feelings of dissatisfaction with yourself and your life?

## 3. A COUNSELOR WILL FIX MY PROBLEMS RIGHT AWAY

The goal of counseling is not for someone else to "fix" your problems. Counselors are here to help you to identify those concerns and to set new goals for yourself. In therapy, you will solve problems by working with your counselor to explore your feelings, thoughts, and behaviors. In doing so, you can explore all your options and make a decision as to how to best achieve your goals. In the end, YOU know yourself the best, therefore YOU are the best one to "fix" your problems!

## 4. ASKING FOR HELP IS A SIGN OF WEAKNESS

Contrary to this belief, it takes a great deal of emotional strength to seek help for problems that may be too overwhelming to manage by yourself.

## 5. A COUNSELOR CAN'T UNDERSTAND WHAT I AM GOING THROUGH, BECAUSE THEY'RE NOT GOING THROUGH IT THEMSELVES

Each individual is unique, and no other human being sees the world exactly as you do. To achieve a complete understanding of your specific situation would be impossible. However, counselors have years of extensive training that allows them to learn about, be sensitive to, and respect each and every one of your unique experiences.

From (<https://www.counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2019/04/10/5-counseling-myths>)

**Bridges**  
Family Center

# SETTING EXPECTATIONS & GETTING THE MOST OUT OF THERAPY

- Arrive on time and be prepared to work.
- Come prepared with at least a general **idea of what goals** you want to strive for.
- Be open to trying new things so that you can **develop new skills**.
- Keep a journal in-between sessions. This helps you remember topics you might want to explore in therapy.
- Journal, write or debrief with a friend after therapy sessions.
- Know that counseling is a collaborative process – you and your counselor are a team.
- Be as honest as possible. The more you share the more your counselor can help you.
- Complete any homework assignments or tasks given between sessions.
- Trust the Process. Lasting change doesn't happen overnight or after 1 session.
- Therapy can feel weird at first. That's ok! You'll learn to see it as a safe and comforting space where you can open.
- You are in control of every session, not the therapist. Share what you're comfortable with and be yourself.
- Don't suddenly stop taking your medication. Please follow your doctor's orders.
- Parents are a vital part of the process for children. Please be involved!
- Feel free to ask your counselor anything. This is about you and your growth.
- A counselor can't make you change – only you are capable of that.
- A counselor won't tell you what to do but will empower you to make those decisions.