

10 Tips for Your First Therapy Session

WHAT TO EXPECT

- **PAPERWORK:** Expect to go over some paperwork protocol that will include your personal information and history, current problems/symptoms, limits of confidentiality, treatment process, goals, and fees. The initial session can also be known as the intake process (if intake forms are not completed prior to the session).
- **QUESTIONS FROM YOUR THERAPIST:** The first session will probably appear to include more questions from your therapist to help get to know you better and with building a therapeutic plan for you. Your therapist should help guide the initial conversation.
- **ASKING YOUR THERAPIST QUESTIONS:** Develop a list of questions before going into the initial session. Don't be afraid to ask your therapist questions. This is a good way to make sure they can help meet your needs and gain a better understanding of the therapy process.
- **NERVOUSNESS:** This is a normal feeling and is okay. If you don't share everything or forget some things, don't be hard on yourself. Go at a pace that feels most comfortable for you. There will be more sessions to come.
- **HONESTY:** Be honest and don't be afraid to openly express any feelings (even the ones you experienced before arriving). It's okay to let your guard down.
- **CLARIFICATION:** If you don't fully understand what the therapist is discussing, ask them to clarify. Remember this is about you.
- **BE OPEN:** Come in with an open mind and fully participate. The therapist will not do the work alone during this process. Building rapport is important as it helps develop mutual trust and respect between each other, helps you feel more comfortable and creates a safe environment.
- **LISTEN:** Be okay with sitting in silence and listening to the therapist speak. That way you don't miss any important information. This also is a great time to reflect on your thoughts/feelings.
- **BE YOU:** Be your most authentic self. You won't make the best out of therapy pretending to be someone you're not.
- **COMMIT:** Remember all your problems won't be addressed in one therapy session. Therapy is a long-term commitment that you must trust will