What really happens in therapy ?

CAPTION: Therapy is a different experience for everyone, but there are certain things which we all can expect in order to make going to therapy a comfortable experience.

Every therapist starts off by making sure he or she can help you. This step usually includes a phone call, paperwork and an introductory appointment.

Unlike a reciprocal balance in a friendship, your therapist only focuses on improving your life. Your relationship with your therapist is only about you.

In each session, you have a completely open conversation with your therapist who might take notes. You will not be judged or criticised. Most importantly ,your talk will remain confidential.

Therapists do not solve your problems; however they will help you explore your feelings and build the tools you require to find the solution yourself.

Your therapist might even give you homework to help you in your journey step by step. You can share your progress in the next session and pin-point areas that need work yourself.