

How do I know my therapists will be a good fit?

How will I know this is a good fit and I am getting what I need?

Good therapy is based on the view that within each of us lays our own truths and our own answers. This is a collaborative process, which means that goals are set together and the therapy process is transparent. There is no mystery to therapy.

Often by the first session, the question of “fit” has been addressed. It is important that a relationship between client and therapist be one of trust and comfort. While the therapist asks for honesty and a level of commitment to finish work that has begun, the client can feel confident that the therapist is invested and will see the work through to its natural end point.

Any new behavior skills are rehearsed and homework is completed. What is learned inside therapy session begins to be used outside effectively in the real world of the client. The main goal is for the client to live an authentic life. Clients stop looking at past events and instead become motivated to look forward to “authentic experiences” that are yet to come. In this process it is possible to find meaning through suffering, work and love.

We can help.