

Therapy Thriving Guide:

Welcome to Downey Park Counseling Associates! Thank you for taking the time to invest in yourself and your relationships. Therapy can give you the tools you need to make lasting changes that benefit you and those around you. The following is a guide that can help you thrive in therapy!

The Process of Therapy:

In order for therapy to be most effective, we ask that you remember the following:

- The 25/75% rule
- Change is a process not a moment
- Your therapist is a guide, not a god.
- You have insights and strengths that are important and useful
- You are part of the process so be active!
- Before things around us change, we must change.
- There is no growth without some discomfort
- We are here to encourage, care for, challenge, and encourage you!

In Between Sessions:

To get the greatest return out of your investment we ask that you take a few moments in between sessions to reflect on what was covered. You may be asked the following questions at the beginning of each session so be prepared:

1. Any thoughts or insights from our last session?
2. Anything you want to cover or fires to put out that need immediate attention?
3. What have you learned about yourself this week?

Journaling or note taking can be super helpful.

Skill Development:

In order to maximize your therapy, skills and skill exercises will be provided for you in between sessions. The sooner these skills are practiced and acquired, the more effective your therapy will be.

Scheduling Your Sessions:

We recommend about 4 to 5 sessions one to two weeks apart, then a discussion with your therapist about how the process is going. Don't be afraid to give feedback about what you think is working and not working.

Schedule your sessions in advance as they fill up fast, after all, there are many seeking help.

If you cannot make it to an appointment, be sure and cancel well in advance so someone else can have your spot.

Finally:

Embrace this process and the exciting changes ahead! We are here to help you through.

Downey Park Counseling Associates

The Two Sides of Therapy:

Positives	Cautions
<ul style="list-style-type: none"> • Therapy can help us be aware of roadblocks that are getting in the way of our goals • It can help us see hidden areas that are holding us back in our life and relationships • After finding such areas, therapy can work to make positive changes that can help us feel better, move forward, and achieve new goals. • Therapy can begin to help our relationships operate in healthy ways, making them deeper, more fulfilling, and meaningful. • It can reveal ways we have been resistant to change that we have never seen before. • Give us a surer sense of who we are, what we are vulnerable to, and what we are capable of. • It can help us become aware of the relational economy we have long operated under and seek to change weaknesses and improve upon strengths. 	<ul style="list-style-type: none"> • Therapy can expose wounds that have not properly healed, making them seem worse before they are overcome. • Therapy can expose the need for change which can be daunting and frightening if we think we cannot grow. • It can cause us frustration when we do not change as fast as we think we should. • Therapy can disrupt relationships in our lives when others have relied on our unhealthy ways of doing things in order to function the way they always have. • It can expose faulty areas in which we have put our identity and meaning, thus causing fear while we find a sure sense of self. • When vulnerabilities are revealed, we can blame those who are attempting to help us see, such as family, friends, or even our therapist. • Therapy could mean changing relationships that are hurtful, destructive and co-dependent thus causing fear in ourselves and those we are involved with.

The Law of Process

Taken from the book "The 21 Irrefutable Laws of Leadership" by John C. Maxwell

<u>An Event</u>	<u>A Process</u>
Encourages Decisions Motivates People Is a Calendar Issue (a moment) Challenges People Inspires Is Easy	Encourages Development Matures People Is a Culture Issue (long-term) Changes People Focuses Is Difficult
<u>Examples</u>	
Sermon Lecture Therapy Session Film Conversation Ideas	Intervention 12 Steps Course/Class Workbook Plan Goals