

## What to expect

Whatever your reason for seeking help, your experience will be more positive and productive if you know what to expect.

Your first session would be used to explore your history and current circumstances and establish some goals for therapy. We may also discuss the possibility of using EMDR therapy if appropriate.

## At that first session

Questions I might ask include:

- Your history and current situation
- What your goal is for therapy...How will you know you have found some relief?

I may also talk to you about using Eye Movement Desensitization Reprocessing (EMDR) in our sessions.

## Tips for you

**Be active.** This is a collaborative experience. If you don't take an active part in the sessions, you won't get the results you want.

**Be open.** I can do my job more effectively if you are open and honest. A lot will be going through your head, especially in the first session. Listen to your own reactions and feelings, and share them with me. We'll both learn from these insights.

**Be prepared.** One way to prepare for your sessions is to write down your thoughts and feelings outside of the sessions. Read it out loud. Hearing yourself say it may help you sort things out and be able to describe it more clearly at our sessions.

**Ask questions.** Feel free to ask questions about the therapy process and for me to repeat or explain anything you don't understand.

**Be realistic.** Be sure to go to your first session with realistic expectations. Therapy is not a quick fix for your problem, rather it is a process. With effort on your part and a strong therapeutic relationship, counseling can be a successful tool toward resolving problems.