



# WHAT TO EXPECT WHEN ATTENDING SESSIONS

Everyone will have a different experience through their therapeutic process as we are all individual. The sessions themselves, should follow a similar structure no matter what type of therapy you choose but some may vary in length or amount of sessions required.

## ● Contacting a therapist

When you decide the time is right for you and you would like counselling, it's important to find a therapist who you connect with. You can contact most therapists by email, text or phone. Upon response, you are then most likely to arrange an initial appointment with your chosen therapist and this is where you will find out if you would like to work together.

## ● What happens in the first appointment?

To begin with, in your first appointment, you will need to talk to the therapist and answer some questions about why you are wanting to have counselling sessions - it is not a test so there is not a right or wrong answer but it can help with the process of sessions and finding out what support you may need and if this counsellor is right for you. It is also your opportunity to ask the counsellor any questions you may have about the sessions too. It's important to be honest and open with the questions that are asked so that you can access the best therapy for you as it is a very personal experience.

## ● How long do sessions last and how many will I need?

On average most sessions last 50 - 60 minutes. There might be occasions where sessions last longer or are shorter depending on the type of therapy that you choose. Again, this is also relevant to the amount of sessions you will need. Some people opt for a one-off session (not all therapists offer this), have short term therapy, set amount of sessions due to the specialism of the therapy or can be long term. On the initial appointment, amount of sessions will be discussed but can also be reviewed throughout the process.

