

Chapter 1 : What To Expect In Therapy – Christine McCormack M.T.s. R.P.

Psychotherapy is not like talking to a friend. Therapy is the forming of an alliance to bring about change in your life. This is done with a therapist who is caring, empathic, and skilled in the.

If any of the above situations applies to your life, counseling could be helpful. But often, people can benefit from therapy for something as simple as needing help reaching a specific goal. OK, I think I want to try therapy out. Where do I even start? The first step to starting therapy is to find a therapist. If cost is an important factor, you could ask your insurance company for a list of therapists who would be considered in-network. However, some therapists purposely choose not to be part of those insurance panels, notes Danielle Adinolfi, MFT, a Philadelphia-based therapist. But some may offer sliding scale prices. While not all therapists offer this option, it never hurts to ask. You could also try searching on the Psychology Today directory , which has a list of mental health professionals. However, Bertoli notes that it can be hard to find someone who is specialized in your particular issue by searching on a large database. Bertoli says that tele-therapy is common nowadays -- providing another level of privacy and convenience for people -- so consider checking with that person to see if they offer phone or Skype sessions. How do I find someone who is the best fit for me? Bertoli suggests making a list of three to five potential therapists, whether those names come from Google searches or friend and family referrals. Then, contact those therapists, and ask them the same three to five questions each. Most therapists will do a quick, to minute consult on the phone with clients before the first session, where you can get a feel for if the person will be a right match. Some people want to have a speedy experience, where the problem is solved in six sessions or less. If this is you, then you should look for a solutions-focused therapist, Adinolfi says. She says she often sees clients for an average of six to 12 months -- though this is only an average, and the amount of time someone is in therapy is highly individualized. What can I expect in my first session, and how can I make the most of it? A default first session of therapy will be just that -- the default for that individual therapist, Bertoli says. Indeed, Adinolfi says "I always recommend people have something to talk about. Therapy is about you: Our job [as therapists] is to guide people to where they want to go.

Chapter 2 : What is Psychotherapy? What to Expect

Psychiatry and psychology are overlapping professions. Practitioners in both -- psychiatrists and psychologists -- are mental health professionals. Their area of expertise is the mind -- and the.

What to expect during counseling or therapy Key Points: Sessions may last about an hour about once a week, although this depends on what is best for you and the person you see. You can decide in the first few sessions whether the person you see is a good fit for you. A good therapist will work with you to develop goals. You should always feel comfortable and be able to talk honestly with your therapist. What to expect in psychotherapy or counseling The first meeting: Your therapist may ask what brings you to therapy, your concerns, and any symptoms you experience. Your therapist may want to learn about your childhood, education, work history, current relationships, and long term goals. Opening up can be hard, and it may take time for you to trust your therapist. It is OK to say that you do not feel ready to talk about something difficult right now. Your thoughts and feelings will help your therapist understand you and how to help. It is important that you feel comfortable enough to say what is on your mind. The rest of therapy is devoted to helping you understand and resolve problems and to help you achieve the changes you want. Therapists take different approaches. Others will give you more space to draw your own conclusions and direct the course of therapy. How much you get out of therapy will depend on the work you put into it. It is important to follow up on homework or goals between therapy sessions. Therapists may be willing to adapt their style to your needs, so it is important to discuss your preferences. Improvement is faster if your therapist can understand and relate positively to you, and you can work together on goals you both agree on. A good therapist will guide and support you, and challenge you when you are ready to be challenged. It is normal to disagree with your therapist from time to time. When this happens, it is important to honestly share your feelings or concerns. This will help you and your therapist to agree on how to handle this. The goals of therapy: Keep in mind that therapy is designed to equip you with long-term solutions rather than a quick fix. Any change in life involves time and effort. Your commitment to attend meetings regularly, courage to look at yourself honestly, and willingness to make some difficult changes in your life will help you make progress. Long-term effects of preventive cognitive therapy in recurrent depression: *Journal of Clinical Psychiatry*, 70 12 , Reducing relapse and recurrence in unipolar depression: *Journal of Consulting and Clinical Psychology*, 75 3 , *Journal of Consulting and Clinical Psychology*, 77 2 ,

Chapter 3 : What to expect during counseling or therapy | Depression

Psychotherapy is a two-way process, and there must be a trusting relationship between the client and the therapist. To benefit from the process, a person must first want to participate.

At the same time, mental illness and recovery can bring up conflict and confusion within family units. Furthermore, they can learn about their own roles in supporting the teen and restoring the family system. Thus, family therapy can be an extremely beneficial addition to the overall treatment plan for a teen who is undergoing mental health treatment. Research Proves Family Therapy is Key Scientists have repeatedly demonstrated the power of family therapy. Research on family therapy can be an effective supplemental treatment for youth with anxiety , depression , ADHD , substance abuse , and other mental health conditions. There are various types of family therapy. Strategic family therapy addresses specific problems. Structural family therapy looks at the family as a system of relationships , behaviors, and patterns. In multiple family group therapy, several different families come together to learn from each other, with the guidance of a therapist. A family therapy center can also be helpful. Family members planning to enter therapy may have a number of questions and concerns regarding the process. Here are seven things to expect when beginning family counseling.

Feelings of Uncertainty Before working with a family therapist, family members may feel nervous and resistant. However, family therapy is just like individual therapy and couples therapy is most effective when each individual is committed to the process. Especially when explaining the concept to younger children, parents might consider drawing a comparison between mental health professionals and doctors. While doctors make sure our bodies stay healthy, mental health professionals help us stay healthy in the ways we think and behave. To help family members understand why the therapy process will be worthwhile, parents can provide examples of difficult situations, conflicts, and emotional challenges that the family might be able to navigate more smoothly with the guidance of an expert. Therefore, family members should expect to spend a significant amount of time helping the therapist get to know everyone in the family. Moreover, the therapist needs to get up to speed on the challenges the family is facing, as well as the family history.

Honesty In order for family therapy to be productive, everyone involved must be honest and committed to the process. It is important for all family members to be attentive during each session and to make an honest attempt to trust the therapist and the family therapy techniques they use. Just as in couples counseling, each individual is expected to openly share their thoughts and emotions, and to be forthcoming about their role in the family and its conflicts. In doing so, the therapist will help family members develop their own vision of a stable and happy family unit. Furthermore, the therapist will support the family in creating a roadmap to get there. Therapy provides families with a structure by which to assess and improve their interactions. In some cases, a family therapist may begin this process by having each participant sign a contract promising to communicate respectfully during each session. Then, with the help of the therapist, they look at how they might improve the way they work through challenges. As the family strives to improve its conflict resolution skills, the therapist will help them take a closer look at how the family communicates. Family therapy can help family members learn how to share their thoughts and emotions clearly and respectfully. In addition to teaching healthy ways to resolve disagreement, therapy also assists individuals in learning how to advocate for themselves and their opinions in a constructive way. This process will help the entire family better understand and relate to the teen.

Homework To truly benefit from family therapy, the entire family must be committed to integrating the lessons and insights from each session into their daily life. Moreover, the therapist will most likely assign tasks and family therapy goals for the family to work toward between sessions. These tasks might include making note of situations in which family members successfully employ coping skills or conflict resolution strategies. It will likely also involve setting aside time to discuss thoughts and feelings outside of therapy. Parents might consider setting up a regular family meeting to address conflicts, coping strategies, and future topics of discussion. This will help to ensure that everyone is on the same page about the therapy process. Therefore, the entire family can play a part in building a healthy, happier life together.

You have an appointment with a counselor for your first therapy session and you don't know what to expect. This is the kind of thing you would normally ask your friends and family about, but you've decided not to tell them, yet, about your decision to see a counselor.

These types of treatments differ from Freudian psychoanalysis. For example, most therapy involves the patient sitting in a chair having a face-to-face conversation with the therapist, and the therapy is often focused on a specific issue and lasts for a limited time period. In addition, psychotherapists interact with the patient by posing questions and offering advice, rather than allowing the patient to free-associate uninterrupted. Psychotherapy can be provided by any licensed health care professional who has appropriate training, including a psychiatrist, psychologist, clinical social worker or clinical nurse specialist. Although the various types of psychotherapy are based on different principles, they do share some common features. Having a general sense of what will occur in a therapy session may help you feel more comfortable if you are beginning psychotherapy for the first time. The therapist will try to put you at ease during the first few visits, but feeling nervous or uncomfortable from time to time is normal and should not be taken as a sign that the therapy is not working. At the first visit, the therapist will thoroughly assess your emotional and physical health. This will involve asking questions about your current psychological condition, your medical history, any past emotional problems or substance abuse, any medications you are taking, and any family history of mood or emotional disorders. This information will help the therapist identify factors that may be contributing to your disorder or needs that should be addressed during therapy. Also, you and your therapist will work together to set goals during the first few weeks. Goals vary from patient to patient. Some people want to relieve the symptoms of depression, while others want to explore deep-rooted thoughts and behaviors. Goals can be general, such as "being more confident" or "having a better relationship with my spouse. A psychotherapist will try to help you change your thoughts and behaviors without telling you what to do. In most types of psychotherapy, the therapist will encourage you to talk but may also ask questions or give advice. The therapist should not control the conversation but should help you focus the discussion to make it as productive as possible. Different types of therapists will address your problems in different ways. Take the example of a patient who is a perfectionist and is upset when he or she achieves anything less than complete success. A cognitive therapist focuses on the present rather than the past and tries to change current patterns of negative thinking. A psychotherapist, especially a cognitive or behavioral therapist, may also assign homework to be done between sessions. These assignments might include writing down thoughts and feelings or having an uncomfortable or dreaded conversation with a relative or friend.

Chapter 5 : Psychotherapy: What to Expect - Psychotherapy - www.nxgvision.com

Psychotherapy, also called talk therapy, is the treatment of a mental disorder through a series of conversations and interactions with a trained therapist. Here's what to expect in psychotherapy.

Behavior Therapy and Cognitive Behavior Therapy are types of treatment that are based firmly on research findings. These approaches aid people in achieving specific changes or goals. Changes or goals might involve: A way of acting: Behavior Therapists and Cognitive Behavior Therapists usually focus more on the current situation and its solution, rather than the past. Behavior Therapists and Cognitive Behavior Therapists treat individuals, parents, children, couples, and families. Replacing ways of living that do not work well with ways of living that work, and giving people more control over their lives, are common goals of behavior and cognitive behavior therapy. If you are looking for help, either for yourself or someone else, you may be tempted to call someone who advertises in a local publication or who comes up from a search of the Internet. You may, or may not, find a competent therapist in this manner. It is wise to check on the credentials of a psychotherapist. It is expected that competent therapists hold advanced academic degrees. They should be listed as members of professional organizations, such as the Association for Behavioral and Cognitive Therapies or the American Psychological Association. Of course, they should be licensed to practice in your state. You can find competent specialists who are affiliated with local universities or mental health facilities or who are listed on the websites of professional organizations. You may, of course, visit our website www.nxgvision.com. These aims are achieved through the investigation and application of behavioral, cognitive, and other evidence-based principles to assessment, prevention, and treatment. Most people, at one time or another, need some help. For some, talking with a therapist helps them understand ways to improve their life. Sometimes people seek therapy at the advice of a physician or a health agency. And many times people enter therapy to gain insight and acceptance about themselves and to achieve personal growth. Psychotherapy is for anyone who is unhappy with the way he or she acts or feels, and wants to change. The task of the psychotherapist, therefore, is to help individuals make the changes they wish to make. A psychotherapist helps the person figure this out. Most therapeutic orientations fall under three general categories: Behavioral Therapies Behaviorally oriented therapists practice a particular kind of therapy known as behavior therapy. Behavior therapy involves the application of findings from behavioral science research to help individuals change in the way they would like to change. Almost all behavior therapists assign homework and the practice of new behaviors as part of their therapy. Another type of behavior therapy is cognitive behavior therapy or cognitive therapy. In order to do this, cognitive therapists often assign such monitoring tasks as keeping track of thought patterns and performing experiments in everyday life to see if the ideas or beliefs are actually correct. Psychoanalytic Therapy Psychoanalytically or psychodynamically oriented therapists believe that many psychological problems stem from unconscious impulses and conflicts that develop and are repressed in childhood. To treat psychological problems, psychoanalytic therapists attempt to help the client bring these repressed held down feelings into conscious awareness and to work through them and gain insight into them. Some techniques used by psychoanalytically oriented therapists include dream interpretation and free association, in which the unconscious is explored by having the client relax and say whatever comes to mind. Humanistic therapists try to help people grow in their self-awareness and self-acceptance. Humanistic therapists spend less time on past events and focus more on the present. They help clients focus on feelings and conscious, rather than unconscious, material. Humanistic therapists use techniques that encourage people to take responsibility for their actions and feelings, rather than looking for unconscious motivations behind them. You will probably want to ask potential therapists if they adhere to a particular orientation and what that might mean for your therapy experience. Most psychotherapists are not rigid in their orientations but are flexible in that they use ideas, techniques, and methods from various orientations. Psychotherapy is also given in different ways. There are also psychotherapy groups whose members may have a single interest or problem. What Happens in Psychotherapy? The therapeutic process varies depending on the orientation of the therapist. However, there are some common aspects of therapy that you are likely to experience when you enter a

therapeutic relationship. To begin with, your first session with a therapist should be a consultation session. This consultation does not commit you to working with the therapist. The goals in the consultation are to find out whether psychotherapy would be useful to you and whether this particular therapist is likely to be helpful. During this session, you may want to discuss with the therapist any values that are particularly important to you. This first session is a time for you to determine whether you will feel comfortable, confident, and motivated in working with this particular therapist. You should also feel that you can trust and respect your therapist and that your therapist is understanding of your situation. This is also the time for the therapist to decide whether he or she is a good match for you. At times, a therapist may refer you to another therapist who may be able to work better with you. Generally, during this time assessment your therapist will be asking quite specific questions about the concerns or problems causing your distress and about when and where they occur. Assessment also can be done more formally, through the use of questionnaires or tests. A therapist can use a variety of techniques in assessment. The goals you bring to therapy are the gist of the therapeutic process. How these goals are accomplished depends a great deal on both the orientation of the therapist and the techniques the therapist may use with you. Some therapists may require more activity during therapy than just talking with you about particular issues. These activities may include such things as role playing or homework assignments in which you practice some of the techniques introduced in therapy like relaxation skills or communication methods. Therapists also differ on how strongly they determine how therapy proceeds. Some therapists may take a more directive role, while others let the client direct the course of therapy. Some therapies are relatively short, while others require a longer time commitment. Each session of therapy usually lasts about an hour, and you generally meet with your therapist once a week. It is a good idea to ask your therapist about the general techniques he or she may use with you in therapy, as well as about the length and frequency of therapy you might expect. Some therapists use other forms of treatment in addition to psychotherapy. Finally, after a period of time you and your therapist may agree that therapy has been successful in helping you achieve your goals; and, thus, therapy is no longer needed. Even after therapy has ended, some therapists may ask you to come back several months later for follow-up visits to check on how you are doing.

What Should Not Happen in Psychotherapy? The relationship between client and therapist is based on mutual trust and respect. If either party violates this trust and respect, there may be adequate reasons to end therapy. Licensed therapists are expected to adhere to a code of ethics when seeing clients. If you feel that your therapist is acting in an unethical manner with you or exploiting you in some other manner, you should speak with your therapist about your concerns. If your therapist avoids your concerns or does not address them to your satisfaction, you should consider changing to another therapist.

In Conclusion Psychotherapy can help you in many ways. Like most human endeavors, it needs time and motivation for the most successful outcomes. Finding the right therapy and the right therapeutic orientation for you is the best start. For more information or to find a therapist: Please feel free to photocopy or reproduce this fact sheet, noting that this fact sheet was written and produced by ABCT.

Chapter 6 : Going To Therapy For The First Time? Here's What To Expect | HuffPost Life

This article will help explain what to expect from your first psychotherapy appointment. You're In a Boatload of Anxiety It's not like anybody wants to go see a therapist or psychiatrist.

Function Psychotherapy refers to a range of treatments that can help with mental health problems, emotional challenges, and some psychiatric disorders. It aims to enable patients, or clients, to understand their feelings, and what makes them feel positive, anxious, or depressed. This can equip them to cope with difficult situations in a more adaptive way. Often, the course of therapy lasts under 1 year; individuals who are eager to change and willing to put in the effort often report positive results. Psychotherapy can provide help with a range of problems, from depression and low self-esteem to addiction and family disputes. Anyone who is feeling overwhelmed by their problems and unable to cope may be able to benefit from psychotherapy. Combined with medication, it can play a role in treating bipolar disorder and schizophrenia. What to expect Psychotherapy is sometimes called "the talking cure. Some forms of psychotherapy last only a few sessions, while others are long-term, lasting for months or years. Sessions are usually for 1 hour, once a week, and they follow a carefully structured process. Sessions may be one-to-one, in pairs, or in groups. Techniques can include other forms of communication, such as drama, narrative story, or music. A psychotherapist may be a psychologist, a marriage and family therapist, a licensed clinical social worker or mental health counselor, a psychiatric nurse practitioner, psychoanalyst, or psychiatrist. Psychotherapy can be used to help a range of people. The following feelings are signs that an individual might benefit from this type of therapy: Overwhelming feelings of sadness or helplessness. An inability to cope with everyday problems. Difficulty concentrating on work or studies most of the time. Drinking too much, taking drugs, or being aggressive to an extent that is harming themselves or others. A sense that problems never improve, despite receiving help from friends and family. Feeling constantly on edge or worrying unnecessarily. Types There are a number of styles and approaches in psychotherapy: Behavioral therapy Behavioral therapy helps clients to understand how changes in behavior can lead to changes in how they feel. The approach assesses what the client is doing, and then tries to increase the chance of having positive experiences. The goal is for desirable behavior responses to replace undesirable ones. Behavioral therapy can help people whose emotional distress stems from behaviors that they engage in. Cognitive therapy Cognitive therapy starts with the idea that what we think shapes how we feel. Depression, for example, may stem from having thoughts or beliefs that are not based on evidence, such as "I am useless," or "Everything goes wrong because of me. Cognitive therapy looks at current thinking and communication patterns, rather than the past. The therapist works with the client to confront and challenge inappropriate thoughts by encouraging different ways of viewing a situation. Cognitive therapy can help in treating conditions such as post-traumatic stress disorder PTSD. Cognitive behavioral therapy CBT pairs cognitive with behavioral therapy, to address both thoughts and behaviors. Interpersonal therapy Psychotherapy can involve movement, drama and music, can help people of any age, and can be done in groups, pairs, or one-on-one. This approach focuses on interpersonal relationships. Learning skills for improving communication patterns may help the client to manage the depression. First, the therapist may help the client to identify relevant emotions, and where these are coming from. Then they can help them to express the emotions in a healthier way. For example, someone who responds to feeling neglected by getting angry may trigger a negative reaction in a loved one. Learning to express the hurt and anxiety calmly can increase the chances of the other person reacting positively. The client learns to modify their approach to interpersonal problems, understand them, and manage them more constructively. People who might benefit from this type of therapy include individuals who are eager to please others at their own expense, or who find that they have volatile interpersonal relationships. Family therapy A family therapist looks at symptoms in the family context. Some conditions require the treatment of the family unit. An example is when a client has depression because of marital problems. Cognitive therapy, behavioral therapy, and especially interpersonal therapy may help. Identifying family patterns that contribute to behavior disorder or mental illness can help family members to break negative habits and patterns. Often, family therapy focuses on improving communication

within the family. Participants learn new ways of listening and how to ask and respond to questions openly rather than defensively. Family therapy generally involves discussion and problem-solving sessions with the client and the family, as a group, in couples, or one-to-one. Group therapy A group therapy session usually involves clients and one therapist. The participants have similar problems, and they benefit from the therapist, and by observing how others handle their issues and respond to feedback. Getting feedback from other people with related problems can give a new perspective and help to facilitate improvement and change. Group therapy can help those who may feel a sense of isolation because of their issue. Although participating in a group may seem intimidating, it helps people to realize that they are not alone, and that others share the same problem. The sense of support is generally powerful and many participants in group therapy find the experience rewarding. Psychodynamic therapy Psychodynamic therapy, or insight-oriented therapy, focuses on the deep-seated causes of behavior. The aim is to increase self-awareness and understanding of how the past affects present behavior. The client will consider unresolved issues and symptoms that stem from past dysfunctional relationships. Unresolved problems can underlie behaviors such as drug or alcohol abuse. This can help people to understand the source of their emotional distress, usually by exploring motives, needs, and defenses that they are not aware of. Psychodynamic therapy can help people whose symptoms have not been resolved by other forms of psychotherapy. Effectiveness Psychotherapy can help people to understand themselves better. Psychotherapy has the benefit of giving clients someone to talk to. It can create a new way of looking at difficult problems, and help people move towards a solution. Participants can gain a better understanding of themselves and their own goals and values, and can develop skills for improving relationships. It can help to overcome specific problems, such as an eating disorder or a phobia. In order for psychotherapy to work, the person must be actively engaged and work during the session as well as between sessions, by practicing new skills, for example. Function Psychotherapy is a two-way process, and there must be a trusting relationship between the client and the therapist. To benefit from the process, a person must first want to participate. They should then attend appointments as set, be honest when describing symptoms, and be willing to complete any assignments set. Some clients may experience changes they had not expected, or did not want. Some people do not like to have to relive unpleasant events, but this does not happen in all psychotherapy techniques. No therapist can ever predict when an unpleasant memory will resurface, but if it does, the therapist is skilled in addressing the recalled memory. Psychotherapy can seem expensive and time-consuming. If treatment is considered necessary, the Mental Health Parity Act requires that insurance companies pay for mental health care similar to the way they pay for medical care. However, the definition of "reasonable and appropriate" or "medically necessary" may vary. Referral to a therapist may happen through a family doctor, or people can find a therapist through the Yellow Pages or on the Internet.

Chapter 7 : Your First Psychotherapy Session

What to expect in psychotherapy or counseling The first meeting: Your therapist may ask what brings you to therapy, your concerns, and any symptoms you experience.

A therapist will typically see anywhere from 6 to 8 people a day, everyday, and mental health concerns are their lifeblood. This article will help explain what to expect from your first psychotherapy appointment. Most people avoid them like the plague. Or avian bird flu. Learning things about oneself and bringing the light of day to shine on them is not always all joy and butterflies. Sometimes our demons need to come out as well, or those behaviors we almost wish nobody in the world knew about. So instead of fighting these feelings, its best to just accept them as a part of the process. That acceptance becomes one of the very first steps of not only getting help, but also the psychotherapeutic process of change. They are interfering with your ability to interact with your significant other, family or friends. You may feel detached and unable to explain your emotional reactions to everyday events. Indeed, a professional can help you sort these types of things out. But making that first appointment is the first step. And it can be a doozie. A therapist is often a good starting point for therapy, because if they believe that medications may be of additional help to you in your situation, they can readily refer you to a psychiatrist for a prescription. Tell Your Life Story Your first appointment with a therapist is primarily an information-gathering session for the therapist. He or she needs to learn a lot about you and your history in a short amount of time in order to properly evaluate your concerns and arrive at a possible diagnosis. Your story is indeed your own and a very personal one at that. Despite what you may have read, a person is not simply a diagnosis. Nor do professionals look at people who come to them that way. They look at each and every person as a unique individual who is in pain and needs help. The only person who can tell your story is you. Therapists of course want to hear what the current problem is and where it all started. That helps address your immediate needs and what brought you in that day to see the therapist. Many times you will leave your first session thinking you left out something important. Many people will leave their first session alternately feeling: Get used to that feeling, because psychotherapy is an experience unlike any other in this world. It is powerful, but it can also be a little scary and intimidating. Most people who try psychotherapy end up liking it, and appreciating their time with their therapist as a chance to explore new ways of being, of thinking, of feeling. What Happens Next At the end of your first appointment, the therapist will often arrive at a tentative diagnosis for your problem. Diagnoses can often help guide a professional in helping you formulate a realistic treatment plan, and inform whether medication may be helpful or necessary. If the therapist believes medication might be appropriate, he or she will also provide you with a referral to a psychiatrist for a medication evaluation. A psychiatrist is the only professional who can decide if medication will be right for you, and if so, what specific kind of medication may be most helpful. He is an author, researcher and expert in mental health online, and has been writing about online behavior, mental health and psychology issues -- as well as the intersection of technology and human behavior -- since Grohol sits on the editorial board of the journal Computers in Human Behavior and is a founding board member and treasurer of the Society for Participatory Medicine. You can learn more about Dr. Your First Psychotherapy Session. Retrieved on November 12, , from <https://www.grohol.com>

Chapter 8 : What to Expect in Your First Session of Psychotherapy

Getting Started During your first appointment at Insight, you should plan to discuss a bit of history about why you are seeking treatment and how the challenge/s you are facing is/are impacting your life.

Chapter 9 : Psychotherapy: What to expect and how it works

What should I expect as I continue psychotherapy? As your psychotherapy goes on, you'll continue the process of building a trusting, therapeutic relationship with your psychologist. As part of the ongoing getting-to-know-you process,

your psychologist may want to do some assessment.