

Blog #1

I started my educational journey with the goal of becoming the therapist I needed when my life got challenging. Today, I am the therapist I needed.

I practice as a cognitive behavioral therapist which means I follow the theory that says “What we **think**, leads to how we **feel**, which leads to how we **behave**. Treatment is different for everyone because we all come with our own experiences and perspectives. The one thing we all have in common is that we have an internal dialogue. Our thoughts are with us every waking moment of every day. Now the question is: Is your thought process being affected by things outside of your focus, or have you identified the events creating current challenges for you? Regardless of the situation, is it creating issues with your personal relationships, your work life, or your ability to manage your stress and/or your emotions? If the answer is Yes then you are correct in taking the next step.

What can you expect from therapy? The first visit is where we have 60 minutes to gather just enough information on your challenges and experiences to discuss what you want from therapy. The second session is treatment planning where we work collaboratively to make a plan and begin to discuss your concerns. Then all the following sessions are working on your goals, sharing your perspective, processing your thoughts, and determining solutions which may be the most beneficial for resolving your concern.

Therapeutic Rapport is defined as “The positive relationship between the therapist and client characterized by trust, respect and mutual understanding”. This is important. We as therapists are all very different. We have different theoretical orientations, we have specific disorders we each focus on, and we all have varying levels of clinical experience and life experiences. Choose the therapist you can be comfortable speaking with. Therapy is only a benefit to you when you are making progress.

You are not alone. Whether we admit it or not most of us have had an experience, or experiences, which affected us in a negative way with some resulting in unhealthy behaviors. Sometimes we cannot process these experiences for a variety of reasons. What will happen if you are able to process what has happened or what is currently going on in your life? Only one way to find out. Find a therapist.

My goal in treating clients is to utilize your strengths combined with my knowledge and experience to help you find solutions and gain the knowledge you may need to better manage whatever your challenges are in life.

If you are interested in reading more about my perspective on mental health come back to this site to read my upcoming blogs. -Kim