

How to Prepare for My First Therapy Session

LATINX
Talk Therapy

Felicitades on taking the first step toward bettering your mental health wellbeing with the guidance of a therapist! You are on your way to becoming a better version of yourself, and that is worth celebrating. Now remember that this journey is about you and so if at any point you feel that the fit is not a good one, it is okay to ask to see another therapist. We want to help you find a therapist that is a good match for you. Only you can decide if the relationship "feels" right and if you feel that the therapist can help you with your goals.

✧ *The first appointment with your therapist will probably be about establishing a connection, getting to know one another, defining goals, and providing you with a sense of hope for the future. The therapist should also talk about confidentiality/ HIPPA (privacy) statement and other practice policies.*

✧ *The therapist will likely ask questions surrounding the reason for your session. Be as honest as possible, keeping in mind that the conversation is confidential, and that the therapist is interested in helping you to feel better not judge (puedes dejar la apariencias en la casa). Questions may include:*

- What brings you in to see me today?
- Have you had any counseling before?
- How's your health?
- What medications are you currently taking?
- How much alcohol do you drink?
- Do you use any recreational drugs?
- Do you have any family history of depression or substance use?
- What are your goals for therapy or counseling?
- How can I be most helpful to you at this time?

✧ *The therapist can also help answer ANY of your questions! Here's some examples:*

- What is your training?
- How long have you been in practice?
- What are your areas of expertise?
- Do you have experience working with individuals who have struggled with the same issues I am currently confronting?
- How do I reach you outside of my scheduled time?
- Do you have backup coverage if I need an immediate consultation?
- What is your cancellation policy?