
Thinking About Therapy

If you are thinking about making positive changes in your life, but are concerned about how difficult those changes might be, you may want to consider therapy.

What is Therapy?

Therapy is the treatment of mental and emotional disorders using psychological techniques through the establishment of a therapeutic relationship with a mental health professional. Mental disorders may include severe and recurrent psychological conditions or less severe and short-term emotional problems and disturbances that interfere with your life. therapy is both an art and a science, and has been scientifically studied. Studies show most people report success in making the changes they want with therapy.

How Does Therapy Work?

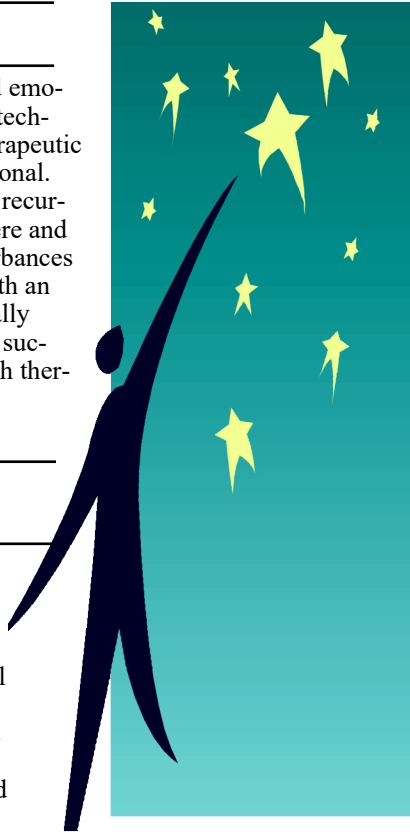
Therapy works through the establishment of a relaxed, comfortable, trusting, respectful, psychologically safe, and therapeutic relationship with a mental health professional—a therapist. This relationship becomes a “tool” to help you reduce anxiety and fear so you can successfully examine and confront issues and problems that interfere with your life and your happiness.

Who Provides Therapy?

Qualified and trained mental health professionals who are licensed or certified by their state or jurisdiction usually provide therapy services. Mental health professionals include social workers, licensed professional counselors, psychologists, psychiatrists, marriage and family counselors, and pastoral counselors. Settings include public and private practices, and inpatient and outpatient mental health clinics.

Will I Be in Control?

Although the therapist will work with you to help clarify your goals for therapy and solve problems, you have the right to direct your own life. The therapist will expect you to achieve solutions in your own way, and your successes will be your own. This is called “client self-determination,” and it is an important ethical principle in practicing therapy.



Will Therapy Work for Me?

Research shows that active clients who want to make changes do better in treatment than clients or patients who are passive. When you choose a therapist, be sure to discuss qualifications, the therapist's experience, the frequency of your meetings, and their duration. You should try to be as open as possible. Ask for an explanation of your diagnosis and any unclear terms. Do the “homework” or tasks the therapist suggests, avoid canceling sessions, and discuss your feelings about the therapist and your progress.

What About Cost?

Discuss cost with your therapist, and how payment will be arranged, if you decide to go beyond your covered EAP sessions. Many insurance plans include coverage for outpatient mental health; you can call the Member Services number on the front or back of your insurance ID card for more information. If you do not have insurance, or you face financial hardship, your therapist may be willing to adjust your fee.

What the EAP Can Do

The EAP will cover a specified number of counseling sessions at no charge to you. At your first session, the counselor can talk with you more about therapy and how to make the best use of it. The EAP can give you names of mental health professionals to consider, based on your situation. Contact your EAP to learn more or to get started!

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