

Things to Keep in Mind for Your First **THERAPY SESSION**

Make sure to arrive a few minutes early because you may be asked to fill out paperwork before your appointment.



It's a chance to get to know your therapist

While your therapist will be getting to know you, it's also an opportunity to get to know your therapist and figure out if they are a good fit for you.



Reflect on what you want to get out of therapy

You and your therapist will probably talk about why you chose to go to therapy and what you hope to get out of it. Before your appointment, reflect on your hopes and goals for therapy.



You can direct your own experience

While your therapist will ask you questions, it's ultimately up to you what you talk about. You can share however much or little you feel comfortable with!



Feeling better takes time

You won't instantly feel better after your first session. Change happens with time, patience, and consistency. While this can feel daunting, one of the hardest parts is seeking help, which you've already done!