



University of California, Irvine Counseling Center

Suggestions for Getting the Most Out of *YOUR THERAPY EXPERIENCE*

We recognize that UC Irvine students face multiple challenges as they balance classes, work, and personal lives. In our cultures and families, we may have many ways to get support and help to overcome these challenges. Therapy is another way that we can get assistance.

These are several suggestions that may help you get what you need from therapy.

Consider ...

Sharing with Your Therapist Your Expectations

Many people have expectations about what happens in therapy. Listening to others' opinions and watching movies and television have shaped our impressions. It is helpful to share your expectations with your therapist. For example, share your goals and approximately how long you anticipated you would attend therapy.

Sharing with Your Therapist What Works and What Has Worked for You

Each person is unique. You can help your therapist by sharing with him/her the style and questions that work best for you. The therapist does have expertise and good reasons for doing what s/he is doing, but a competent therapist also has room for flexibility. If you have been in therapy before and found some aspect or method to be particularly helpful, let your therapist know.

Letting Your Therapist Know When a Therapy Session is Particularly Helpful

It can be helpful to let your therapist know when a session is particularly beneficial. This can also make your therapy experience more productive, because your therapist will have feedback to guide him/her in helping you.

Sharing With Your Therapist Your Concerns

Some people think that they shouldn't speak up about their reactions to their therapist's suggestions, but an open discussion about any questions helps your therapist address your concerns and make any adjustments.

Finally, Asking Questions

Feel free to ask your therapist questions. For example, you might have questions about the therapy process, any methods used by the therapist, or the therapist's training and qualifications.