

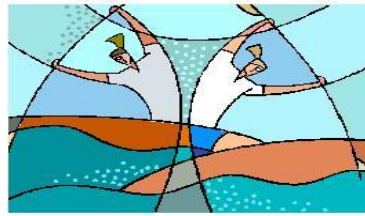
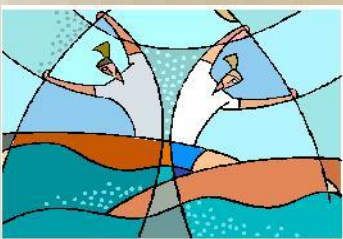
Jane Doe, PhD

Psychologist

The thought of going to a psychologist can cause anxiety. Usually we try to “fix what’s broken” ourselves. We may ask friends for help. If that works, great. But there are times when we need professional, objective, outside help.

The connection between client and psychologist is dynamic. With the right match you will experience, perhaps for the first time, unconditional acceptance as a unique human being.

You will find new ways to solve your problems, improve your interactions with others, and explore the future with confidence. You can learn to feel your feelings, employ your logic and trust your intuition. You will be validated and challenged.



“It’s no measure of health to be well adjusted to a profoundly sick society.”

Krishnamurti

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- Psychotherapy
- Hypnosis
- Relationships
- Dreams
- Body Work



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Why see a psychologist?

There are probably as many reasons to see a psychologist as there are people.

- ✦ You may have problems related to trauma or to substance use earlier in your life.
- ✦ You may have problems with a relationship, depression, insomnia or nightmares.
- ✦ You may be in a transitional life phase and wonder, “Where do I go from here?”
- ✦ You may be concerned about another’s behavior.

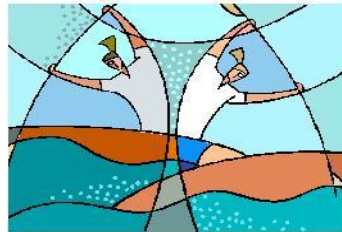
First Contact

So – you have decided to see a psychologist, you respond to an ad or check the Yellow Pages or get a referral. You call (or email) the psychologist. That first contact is important. Tell the psychologist (briefly) what the problem is. Ask the psychologist

- ✦ If they have experience in that area.
- ✦ What type of therapy they offer.
- ✦ The length of sessions.
- ✦ The cost.
- ✦ The method of payment.
- ✦ If you need testing – for example, in a custody dispute – ask if the psychologist does that.

What to expect?

- ✦ Your psychologist should be professional, honest, and respectful.
- ✦ The psychologist should be on time.
- ✦ The psychologist will give you information about the kind of treatment offered and about the limits to confidentiality.
- ✦ Your psychologist may or may not take notes during the session.
- ✦ Periodically, the psychologist should review the course of treatment.
- ✦ Some psychologists are much more interactive than others – it might feel a bit strange to be “doing all the talking.”
- ✦ This is not a social setting; friendship rules of engagement don’t apply.



What does your psychologist expect from you?

- ✦ Common courtesy does apply.
- ✦ You should be on time.
- ✦ If you are going to be late, or if you need to cancel, call the psychologist as soon as you know.
- ✦ Don’t bring your children (unless the child is the client or you are getting family counseling).

What should you tell the psychologist?

- ✦ You don’t have to tell the psychologist that you’ve seen another psychologist, but it’s usually in your best interests to do so. You know what helped and what did not.
- ✦ Tell the psychologist if you have concerns about any particular aspect of the therapy.
- ✦ If you don’t think the therapy is helping, say so.
- ✦ If you feel that you may harm yourself – or someone else – tell your psychologist immediately – don’t wait until the end of the session.
- ✦ If you believe you are in danger, tell your psychologist.
- ✦ Your psychologist doesn’t expect you to be 100% honest 100% of the time. Fear of rejection, embarrassment, guilt, a desire to look good – these things all factor into what you disclose. Honesty will come more naturally when you begin to feel more confident in this setting.
- ✦ If the psychologist makes a suggestion, remember that it is just that, a suggestion. You are still responsible for your decisions and actions.
- ✦ Discuss the frequency of sessions with your psychologist. Sessions that are more than two weeks apart tend to lose continuity.

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