

Craft Counseling

Preparing for Your Therapy Sessions

The First Session:

When we meet for the first time, it is very common to have a multitude of feelings. You may be excited, confused, overwhelmed, or all of the above. This is **okay!** With this, you may find it difficult to recall important information or cover everything that is important to you.

Writing a few notes to take with you can help. Many of my clients find it helpful to purchase a notebook that they will only use for therapy. Here's a few suggestions to get started (there's no pressure to answer all of them):

- What has been happening in your life that leads you to go to therapy?
- How long has this been happening and how troubling is it for you? Are you experiencing nervousness, depression or other emotions that are troubling?
- What have you done to try to feel better? What has made you feel better in the past?
- Who else have you seen about this problem, including another therapist, your doctor, or support groups?
- What do you hope to accomplish by going to therapy ?
- How would you like things to be different at the end of therapy?
- Do you have questions about how therapy works, such as frequency, cost, insurance, etc?

It may also help to bring a list of your medicines you are taking for both physical and behavioral health reasons. Include name, dose, frequency, and any side effects you are experiencing. Bring along contact information for all doctors who are giving you medicine.

Tips for Telehealth:

- Make sure you are in a quiet space where you will not be disturbed or heard. This may be in a bedroom, home office, basement, a large closet, or even in your parked car.
- If you live with others, ask that they do not disturb you during your session time and that they refrain from using the Wi-Fi so that your connection is not slowed down.

- Consider putting a white noise machine, small fan, or speaker with music playing outside of the door to the room you will be in so that roommates or family members cannot overhear your conversation.
- Make sure the device you are using (a computer, tablet, or smartphone) has a working camera and microphone and is fully charged.
- Consider using headphones or earbuds plugged into your device to improve sound quality and maintain privacy.