

For Teens- Meeting with a Therapist

How long will we be meeting?

- Sessions usually last 45 minutes, once per week
- Therapy ends when agreed upon goals have been met (when the reason you are coming has improved). This can last anywhere from a few weeks to several months.

What will happen in sessions?

- You and the therapist may talk, draw, or play some games
- At first, you and the therapist will get to know one another
- The therapist will help guide you toward progress in your goals for therapy. Sometimes this may bring up sadness, anger, or other emotions for you. Other times it may feel relieving and helpful. Any kind of change and growth can be hard but in the end, it's for the best.

What about my parents?

- Parents or legal guardians have a right to know how you are doing in therapy and if the therapist has any concerns about your safety.
- The specifics that you share with your therapist will not be repeated without your permission unless, a) the therapist believes you may seriously hurt yourself or someone else, b) you are being seriously hurt or threatened by someone, c) you know someone who is being hurt. In these cases, the therapist may be legally required to share this information.
- The therapist may meet with your parents alone, or with you present, to provide you with general updates about your progress.

What if I don't want to go to therapy?

- Sometimes coming to sessions may interfere with other activities but therapy is designed to help you in the long run.
- Your therapist chose to work with teenagers. This means they truly want to connect with you and support you, if you're up for it. Talk with them about your concerns and why you don't want to go.
- Like working out, or learning a new skill, it takes time and practice to see results. Give it a fair chance before deciding it doesn't work.

What do I tell my friends?

- You don't have to share anything you don't want to share. Trusted friends will likely be understanding and supportive if you tell them you are going to therapy. For other people, you can just say you have "an appointment".