



THERAPY READINESS GUIDE

CLARIFY YOUR GOALS
FIND THE RIGHT THERAPIST
PREPARE FOR YOUR FIRST SESSION



A GOOD *place*



TABLE OF CONTENTS

- 2** WELCOME
- 3** CLARIFY YOUR GOALS
- 4** FIND THE RIGHT THERAPIST
- 4** THERAPY APPROACHES
- 8** WHAT TO EXPECT
- 9** PLANNING & STRUCTURE
- 10** NEXT STEPS

YOU'VE TAKEN THE FIRST STEP, CONGRATULATIONS!



People begin therapy for many different reasons. Some people seek the help of a therapist to get through a stressful life event like a medical diagnosis, a move to a new city, or a divorce. Others seek therapy to learn ways to manage conditions such as anxiety and depression. Others use therapy to explore issues of identity, purpose, and meaning.

Regardless of your reasons, therapy is a place to clarify your values and get support to show up in life as your most authentic self.

While there is no *right way* to engage in therapy, there are strategies to ensure you're making the most of your time, money, and energy. Before you embark on your journey, it may be helpful to clarify your reasons for starting therapy.

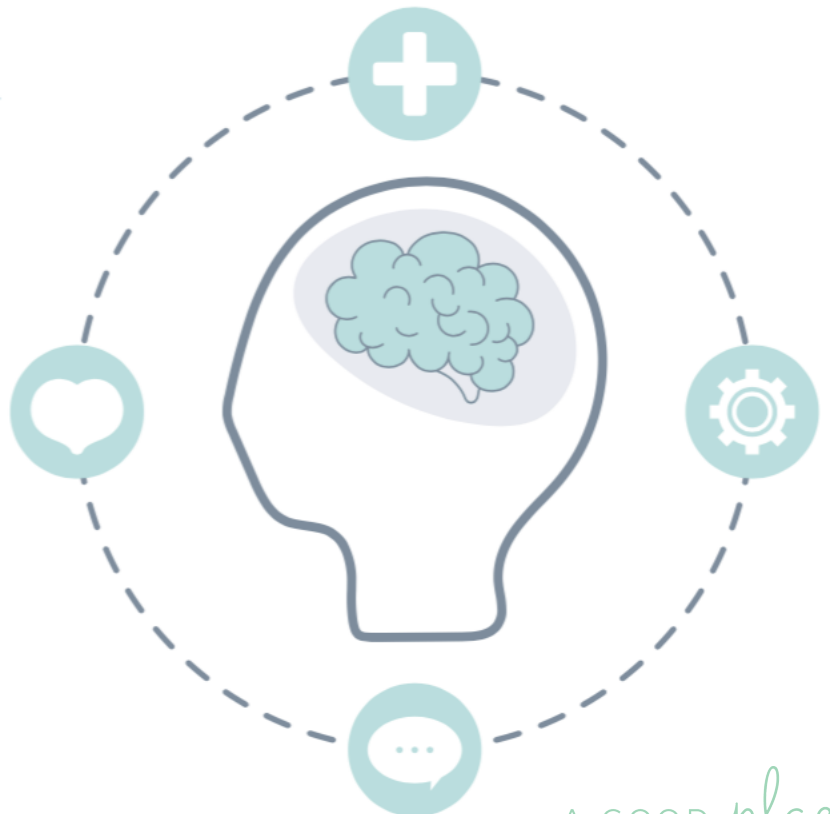
This Guide is intended to help you clarify your goals, find the right therapist, and prepare you for your first session.

Remember, you're not alone. [We're here to help!](#)

CLARIFY YOUR GOALS

Whether it was a specific event or ongoing challenge, here are some helpful questions to ask yourself before you embark on your therapy journey:

- *What do I hope to accomplish in therapy?*
- *Why does this (specific issue) matter to me?*
- *Does this impact other areas of my life?*
- *How do I envision my life or relationship(s) changing as a result of therapy?*
- *Why is it important that I address this now?*



FIND THE RIGHT THERAPIST FOR YOU

There are a variety of philosophies, styles, and approaches to therapy. It may be helpful to know which approach is right for you and what you can expect from your therapist.

Be prepared to ask questions, either on a consultation call or at your first session. If you don't believe you and your therapist are a good fit, keep looking. The right clinician is out there!

Check out the links to therapist directories located at the end of this Guide.



WHICH APPROACH IS BEST FOR ME?

Insight-Oriented Therapy

During Insight-Oriented therapy, your therapist serves as a guide to help you explore how your past shapes your present experience. By bringing previously repressed memories to the surface, your therapist helps you to better understand and connect with yourself.



WHICH APPROACH IS BEST FOR ME?

Solutions-Focused & "Evidence-Based" Therapies

Solutions-focused therapies aim to address a specific problem or concern. "Evidence-based" therapies refer to methods that have been rigorously tested and considered effective in addressing specific concerns.

Examples of solutions-focused & evidence-based therapies are:

- Cognitive Behavior Therapy (CBT)
- Exposure & Response Prevention (ERP)
- Dialectical Behavior Therapy (DBT)
- Acceptance & Commitment Therapy (ACT)
- Eye Movement Desensitization & Reprocessing (EMDR)
- The Gottman Method (for couples)



THE AGP APPROACH

A Good Place Therapy (AGP) specializes in Solutions-Focused and Evidence-Based therapies. We don't believe in a cookie-cutter, one-size-fits-all approach. Our therapists seek to understand your unique needs within the environment you live. In other words, we customize our approach integrating researched techniques and relational methods to help you achieve your therapeutic goals. With a range of approaches and specialties, we're sure to have a therapist who's the perfect fit!

QUESTIONS TO ASK WHEN CHOOSING A THERAPIST

- *I'm struggling with (specific issue), what is your experience working with this concern?*
- *How have you helped people in the past who have dealt with this concern?*
- *What kind of education and training have you received?*
- *What is your treatment approach?*
- *Do you establish goals with clients?*
- *How will I know I've made progress toward my goal?*
- *If I'm struggling to achieve my goal, what kinds of support will you offer?*
- *What would a typical session look like?*





WHAT HAPPENS DURING A THERAPY SESSION?

Sessions will vary in structure based on your needs, the therapist, and the treatment approach you've agreed upon. For example, at A Good Place Therapy, a typical CBT/Solutions-focused therapy session may involve:

- Checking on your mood
- "Bridging" the content from last session to today
- Setting an achievable agenda
- Exploring and finding solutions for topics identified on the agenda
- Determining action steps to take between sessions

At A Good Place Therapy, we want our clients to feel in control over what happens in session. You are in the driver's seat!

HOW TO MAKE THE MOST OF EACH SESSION

It can be helpful to track your progress to identify the ways in which you've grown and the areas you'd like to address.

Keeping a journal (virtual or paper) to record feelings, reflections, and takeaways can be helpful in and out of session.

Here are some helpful questions to get you started:

- *What was the focus of my therapy session?*
- *How do I feel today/this week?
How does this compare to how I felt last week?*
- *What events, thoughts, times of day, and situations surround the high/low moments from this past week?*
- *What action(s) did I take toward achieving my therapy goal?*
- *What supported me to take those steps?*
- *What would I like to explore in my next session?*





WE HOPE THIS GUIDE WILL HELP YOU MAKE THE MOST OF YOUR EXPERIENCE IN THERAPY!

If you'd like to connect with a therapist at A Good Place, [click here to schedule your first session.](#)

If you live outside of the New York City area or would like to explore additional therapists, visit [Psychology Today](#) and [Zencare.](#)