

## FAQs

### **How do I know if I need therapy?**

You don't have to wait until things feel unbearable to consider therapy. Many people seek support when they feel overwhelmed, stuck in unhelpful patterns, or are navigating changes in relationships, identity, or life transitions. Sometimes it's about making sense of difficult past experiences, while at other times it's simply about wanting to understand yourself better and grow.

If you find yourself wondering whether therapy might help, that curiosity itself can be a meaningful sign that taking this step could support you.

### **How long should I take therapy for?**

The length of therapy varies for each person, depending on their needs, goals, and circumstances. Some people find a few sessions helpful to work through a specific concern, while others choose to continue for months or longer to explore deeper patterns and ongoing growth. We regularly review your journey together, and you always have the choice to decide how long you'd like to continue.

### **How do I know if therapy is working for me?**

Therapy often creates subtle shifts over time rather than instant changes. You may notice yourself feeling lighter after sessions, gaining new perspectives, or responding differently to situations that once felt overwhelming or triggering. Sometimes progress looks like greater clarity, self-awareness, or simply feeling heard and supported. It can also mean recognizing your own agency in making choices aligned with your values. If you are unsure, we can reflect together on what feels helpful and adjust the process to better suit your needs.

### **Will therapy remove all negative emotions from my life?**

Therapy isn't about eliminating all difficult emotions because feeling sadness, anger, fear, or hurt is a natural part of being human. Instead, therapy helps you understand these emotions, where they come from, and how they connect with your values, relationships, and experiences. Through this process, you can discover ways of responding that feel more supportive, build resilience, and create space for hope, joy, and meaning alongside the challenges.

### **When others are the source of my difficulties, in what way can therapy be beneficial?**

Many of our challenges are shaped by the people, systems, and contexts around us. Therapy does not attribute responsibility to you for what others do; rather it provides a reflective space to examine the impact of these experiences, the emotions and meanings they evoke and the possible responses available to you. While external circumstances or people may not always change, therapy supports you in reclaiming agency, strengthening resilience, and aligning your choices with your values and wellbeing.

### **Does therapy actually work?**

Yes, therapy can be deeply effective, though its impact looks different for everyone. Research shows that talking with a trained therapist can reduce distress, improve relationships, and help people build resilience. Beyond this, many find therapy valuable as a space to pause, reflect, and make sense of their experiences. It's less about a quick "fix" and more about creating shifts which are big and small that support you in living a life aligned with your hopes, values and dreams.

### **How long is a session?**

A standard session is usually 50–60 minutes.

**How often should I attend?**

Most people begin with weekly sessions, which gives consistency and momentum to the process. Over time, depending on your needs, we may decide together to meet less frequently.

**Is everything I share in therapy confidential?**

Yes. What you share remains confidential, held with care and integrity. There are only a few legal and ethical exceptions mainly around immediate safety or risk of harm. If such a situation ever arises, your therapist will always try to speak with you first. Otherwise, your experiences, memories, and hopes stay between us.

**What happens in the first session?**

The first session is a gentle starting point. We take time to understand what brings you here, what feels urgent, and what you are hoping for. We aim to foster a sense of safety and trust that aids in the process of sharing and we value taking it slow to honour your boundaries.. We also talk through boundaries, confidentiality and what a supportive therapeutic relationship looks could like for you, setting the foundation for our work ahead.

**Do I need to prepare anything before beginning therapy?**

No preparation is needed. You can arrive exactly as you are. Some people like to reflect beforehand, others come unsure both are completely okay. If you wish, you may note down anything that feels heavy, any questions or what made you reach out now but this is entirely optional. Feel free to show up exactly as you are.

**Can I stop or pause therapy whenever I want?**

Yes. You have full agency in this journey. You can pause, slow down, or end therapy at any point. Sharing this with your therapist allows space for thoughtful closure or transition, but the decision remains entirely yours.

**Can therapy help if I've tried it before and it didn't work?**

Yes. Many people return to therapy at different stages of their lives. The earlier timing, approach, or fit may not have served you. Therapy is relational hence the right pace, person, and moment can make all the difference. You are welcome to begin again.

**What if I'm not sure about my goals yet?**

You don't need to have clear goals before starting therapy. Together, we gently explore what feels important, what hurts, what feels stuck, what you long for or what you want to understand differently. Goals can emerge slowly and may change over time.

**How can I make the most of therapy?**

Some practices that support deeper work:

- **Honesty at your own pace** — You're welcome to open up in small, safe steps
- **Curiosity** — Notice what comes up inside and between sessions.
- **Feedback** — If something doesn't feel right, your voice matters.
- **Consistency** — Regular sessions help build momentum.
- **Reflection** — Jotting down thoughts, triggers or emotional shifts can help.
- **Self-kindness** — Healing is not linear; being gentle with yourself is part of the work.