

How Therapy Works

Therapy can help you learn more about yourself and help you to change some habits or behaviors. Therapy is also known as counseling. Studies have shown that therapy is as useful as medication for treating mental health issues.

Kinds of Therapy

There are many kinds of therapy, including:

- **Cognitive behavioral therapy** helps you find out what thoughts and behaviors are causing problems. Then, you can replace them with healthier ones.
- **Mindfulness-based cognitive therapy** helps you be more aware of thought patterns.
- **Interpersonal therapy** focuses on problems in your relationships.
- **Problem-solving therapy** helps you find solutions to problems in your daily life.
- **Acceptance and commitment therapy** helps you accept feelings rather than trying to control them. Then, you can focus on what is important to you.
- **Psychodynamic therapy** looks at connections between thoughts, emotions, behaviors, and childhood or other events and feelings in your past.



How Therapy Can Help You

During therapy, you meet with a therapist or counselor. During your first session, your therapist will ask you questions and gather information to get to know you.

You will talk with them about what is bothering you and what you hope to get out of therapy. Your therapist will:

- Explain how they may be able to help. Together, you will come up with a plan for therapy.
- Talk about the kinds of therapy that may be used during your time together.
- Ask you to talk about your thoughts, feelings, and problems.
- Ask you to do homework that builds on what you learn.



The goal of therapy is to help you until you can manage symptoms on your own.

Therapy can be short-term or long-term. It can teach you to cope in a healthy way, and it can make you feel better about yourself.