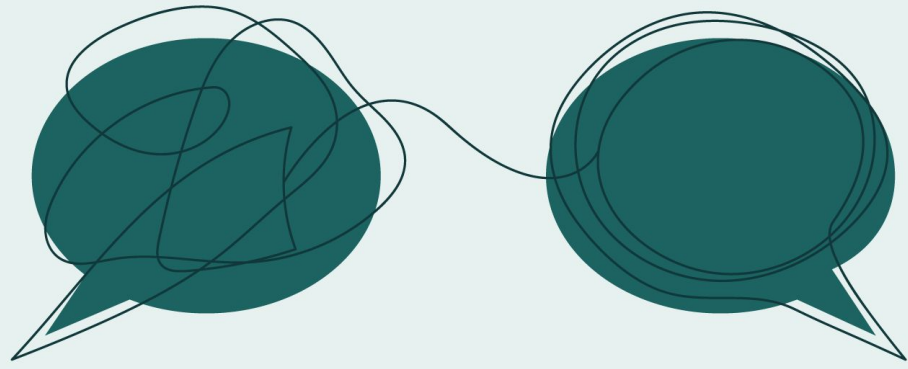


What Really Happens in Therapy



Your first experience with therapy can feel intimidating.

You might expect your sessions to play out like movies or shows you've seen. Often, that's not how it works.

Knowing what really happens in therapy can make your first experience easier.



Activate your Spring Health account or sign in to learn more.

Here are the basics:

What are signs that therapy might help me?

When you're feeling stressed, overwhelmed, alone, or helpless in your situation, a session can feel like a lifesaver. When you're feeling okay, a therapist can help you ensure you're able to maintain your mood.

What do I do in therapy?

Therapy allows you to work through challenges in your life in a safe, confidential environment. Basically, you talk.

Who goes to therapy?

Therapy is private, so not many people share that they go. All kinds of people go to therapy, from pro athletes and office types to some of your closest friends.

What will happen in my first session?

You might expect your first session to have at least one ah-hah moment. In reality, your first session will feel more like a very personal interview. Your therapist might get to know you by asking about your current situation and the people in your life, your past, or anything else they need to get a sense of your background, immediate needs, and long-term goals. The more open you are, the more your therapist will be able to help.



What do I talk about?

You can talk about anything that's on your mind. People find it helpful to talk about their hopes and fears, relationship struggles, parenting issues, financial stress, worries they have about their job, and anything else they'd like to work through.

Why do therapists take notes?

You might see your therapist writing things down as you talk to them. At first, this can be distracting. But therapists take notes to keep track of essential details or remember something they want to bring up later. Often, a therapist's session notes are separate from your patient record, which contains session information, diagnosis, treatment plans, and other official milestones and metrics.

What if I don't like my therapist?

It's crucial that you feel comfortable with your therapist. Therapy can sometimes be challenging, and having a guide who makes you feel safe will ensure that you can do this emotional work with the proper support.

Everyone is different, so if you have seen your therapist at least a few times and feel like you don't click, let them know. They can help you find someone better suited to your needs.

What kind of results should I expect?

Therapy can be life-changing, but you shouldn't expect magical results overnight. Real change can take time.

Try to look at each session as a pressure release valve for your life. Many people feel relief or joy quickly, even after a session or two.

Over time, you can expect to work through your underlying issues, improve your general outlook, and develop skills for managing stress more effectively.

Will my therapist prescribe medication?

No. Therapists don't prescribe medication. If your therapist thinks you might benefit from medication, they can connect you with a medication manager.

When is someone "done" with therapy?

It depends on why you're going. Some people meet their goals within a handful of sessions, and other issues may take longer to manage. There is no wrong time to be in therapy: go as long as you feel like it's helping.

How can Spring Health help?

Spring Health—the mental health benefit included in your health package—can personalize your care plan, give you your pick of a therapist, and get you in a session within two days.

Sign in to Spring Health to get started.

