

THE FIRST THERAPY SESSION: WHAT TO EXPECT + HOW TO PREPARE



WHAT TO EXPECT

Paperwork: You may be asked to complete intake forms that cover your history and current concerns.

Introductions: Your therapist will introduce themselves, review confidentiality, and explain how sessions work.

Assessment: You'll talk about what brings you to therapy, your goals, and any symptoms or challenges you've been experiencing.

Questions: You are encouraged to ask anything about the process, approach, or therapist's style.

Building Comfort: The first session is also about getting to know each other and seeing if the relationship feels like a good fit.

HOW TO PREPARE

Bring notes: Write down what you want to share—key issues, symptoms, goals.

Think about goals: What would progress look like for you? What are you hoping to change or better understand?

Consider past experiences: Have you had therapy before? What worked or didn't work?

Be open: It's okay to feel nervous. You don't have to know all the answers.

Logistics: Arrive a few minutes early, wear something comfortable, and find a quiet space if it's virtual.



BONA FIDE
PSYCHOTHERAPY & COUNSELLING



705.716.7130



info@bftherapy.ca