

# 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.

