



Live Consciously, PLLC

Tips for Effective Therapy Sessions

1. Make a list of issues you want to discuss. ***This is useful to organize your thoughts and prioritize the areas of concern that are causing the most stress.***
2. Be mindful of your most pervasive negative thoughts and feelings ***experienced during the week, including when, where, and with whom they occur.***
3. Bring a note pad (*I can provide one if you like*)
4. Do your homework! ***A 60-minute session can go by fast. Homework is a way of integrating the hard work done in session. Your progress depends on your willingness to create the necessary change in your life. Without implementing the homework, you are not giving yourself a fair chance.***
5. Communicate with your doctor or psychiatrist if you're taking psychotropic medications (or any other medicines). ***Be open and honest about results, side effects, and compliance. Sometimes medicine dosages, types, and frequencies need to be adjusted before the desired outcome is achieved.***
6. Let your feelings be known. ***If you disagree with your therapist or experience a particularly strong emotional reaction to something that is said during the previous session, speak on it. While therapists are trained to observe different forms of communication, we are not mind***



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readers. It's empowering for you to initiate an uncomfortable conversation and address negative feelings about therapy.

7. Be ready to face yourself. You've already made a vital and possibly life-altering decision to undergo therapy, so give yourself the opportunity to see your relationships and circumstances in a more honest light. Understand that your therapist should and will "call you out" when your actions aren't aligning with your desired change.

8. ACTION is where it's at. *Whether you entered therapy to cope with a break-up, abuse, chronic interpersonal problems, or social anxiety, positive change will occur when you commit to changing your thoughts, feelings, and behaviors. The only way to get something you have never had, is to do something you have never done before.*

Behaviors that interfere with therapy

- Arriving late to sessions
- Not speaking up in sessions when you feel uncomfortable.
- Holding back details of your story
- Using therapy to only vent (**therapy is great for venting, however, it should not be used solely for venting**). Therapy is meant to create change in your life, this can only be done by learning new skills and information and applying them to your everyday life.
- **Virtual clients only*** Please be in a stationary private place, where you will not be disturbed. No public places, no driving!!!