FREE GUIDE FOR STARTING THERAPY

Your first *therapy session*

Starting therapy takes courage, especially if no one in your family has ever done it. Here's what to expect, and a page to help you prepare.

1 Before your session

You'll usually fill in an intake form and consent form. Find a private, quiet spot with a good connection for your virtual session.

2 Getting to know you

Your therapist will ask what brings you in, a little about your life, your health, your family and what you'd like to change.

3 You set the pace

You don't have to share everything at once. It's okay to say, "I'm not ready to talk about that yet."

4 Confidentiality

What you share stays private, with a few legal exceptions, like safety concerns. Your therapist will explain these.

5 Faith and culture

You can tell your therapist how much you want faith or culture to be part of your sessions, or not at all.

6 After your session

You might feel relieved, tired or emotional. That's normal. Be gentle with yourself for the rest of the day.

Finding the right fit

Feeling comfortable with your therapist matters. Many people feel more at ease with someone who shares or understands their culture or faith. It's okay to ask questions, and it's okay to try someone new if it doesn't feel like a fit.

You don't have to do this alone.

Soul Care offers virtual therapy across Canada, including affordable options. Faith is always welcome in session, and never required.

Find your therapist

STARTING THERAPY

Prepare for your session

Bring this page with you, or keep it open on your screen.

What's bringing me to therapy

What I'd like to be different

How would I know therapy is helping?

What I'm nervous about

What I want my therapist to know about me

culture, faith, family, identity, past experiences with therapy

Questions I might ask my therapist

- ☐ What is your approach?
- ☐ How often should we meet?
- ☐ How will we know if it's working?
- ☐ How do you include faith in sessions?
- ☐ What happens if I need to cancel?
- ☐ What if I don't feel ready to talk about something?

Soul Care offers virtual therapy across Canada. Book at thesoulcarecounsellor.com