



## **My therapy notebook**



## **How to use this notebook**

This book should be used to help you prepare for therapy or psychiatric treatment, explore and process thoughts outside of therapy and medication management, and write down things you may want to share with your provider during your next visit.



## Types of mental health practitioners

- ★ **Art Therapist**-Uses art to assist in healing
- ★ **Child Therapist**-Focus is specifically on working with children ages 17 and younger
- ★ **Counselor**-A therapist. May have a general focus or specialization
- ★ **Grief Therapist**-Specializes in working with grief and loss
- ★ **Guidance Counselor**- Therapist that works in education
- ★ **Marriage and Family Therapist**-Specializes in working with couples and families
- ★ **Mental Health Therapist**- A therapist that works with general to severe mental health. May provide psychological testing.
- ★ **Music Therapist**- Uses music to assist in healing
- ★ **Psychiatrist**- A doctor that provides psychiatric medication management
- ★ **Psychologist**- Provides therapy and may provide psychological testing
- ★ **Religious counselor**-Specializes in spiritual and religious counseling
- ★ **Sex Counselor**- A physician that specializes in talking about sexual health
- ★ **Sex Therapist**-A therapist that specializes in working with sexual health
- ★ **Social Worker**-Therapist or Case Manager. May have general focus or specialization
- ★ **Substance Abuse Counselor**-Specializes in working with drug or alcohol use and addiction
- ★ **Vocational Counselor**-Specializes in career counseling

***Please note that many use the terms therapist, counselor, and psychotherapist interchangeably. This list is not meant to be exhaustive, rather illustrative.***



### Reason for therapy

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### Why now

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### How will therapy be helpful to me

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### Am I ready to make changes

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### The changes I want to make are

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### Mental Health Search

*I understand that each therapist will be different.*

Therapist\_\_\_\_\_

Phone number\_\_\_\_\_

Email\_\_\_\_\_

Availability\_\_\_\_\_

Private pay ☐Yes ☐No

Accept my insurance ☐Yes ☐No

Therapist\_\_\_\_\_

Phone number\_\_\_\_\_

Email\_\_\_\_\_

Availability\_\_\_\_\_

Private pay ☐Yes ☐No

Accept my insurance ☐Yes ☐No

Therapist\_\_\_\_\_

Phone number\_\_\_\_\_

Email\_\_\_\_\_

Availability\_\_\_\_\_

Private pay ☐Yes ☐No

Accept my insurance ☐Yes ☐No

Psychiatrist\_\_\_\_\_

Phone number\_\_\_\_\_

Email\_\_\_\_\_

Availability\_\_\_\_\_

Private pay ☐Yes ☐No

Accept my insurance ☐Yes ☐No

Psychiatrist\_\_\_\_\_

Phone number\_\_\_\_\_

Email\_\_\_\_\_

Availability\_\_\_\_\_

Private pay ☐Yes ☐No



Accept my insurance ☐Yes ☐No

## What happens in therapy?

- ★ Therapy is generally 45-50 minutes.
- ★ **Intake**-This is the first session. It could be with a intake specialist or with the practitioner. It is the time where you share information about yourself, history, symptoms, and family.
- ★ It is not the job of the provider to give advice or tell you what to do. Therapist make recommendations and help you to process your experiences in hopes to become self aware and introspective
- ★ Therapy is essentially a conversation between two people with the understanding that one is getting help. This essentially means, you must come prepared to talk.
- ★ Silence. Sometimes silence will happen and can be a space for much learning and introspection.
- ★ Learning and healing are a huge part of therapy. Sometimes to get there we go through the pain and experience of yesterday or day-to-day in order to get there.
- ★ For most people growth is inevitable.
- ★ Psychiatrist and medical providers have limited availability, so it may be best to find a therapist that can provide you with more opportunity to explore and heal.
- ★ Sometimes “homework” is recommended to help further processing and contribute to healing and growth.



**Things I want to remember to mention (symptoms, reactions, changes, challenges, etc)**

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**What I thought about the session**

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**Did I feel connect and safe with the therapist**

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**What did I take from the session**

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**Things I need to process more**

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**What I want to share from this session at my next appointment(homework, thoughts, etc)**

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