



THERAPY ESSENTIALS:

RESOURCE GUIDE

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We encourage you to obtain the relevant professional or specialist advice before taking or refraining from, any action based on the information within this guide. The use or reliance on any information contained within this guide is solely at your own risk. If you have questions about any mental health or medical matter, you should consult your doctor or other professional healthcare providers without delay.

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Table of Contents

01

Before Therapy

02

During Therapy

03

Glossary

04

Resources

BEFORE
THERAPY
01

CONSULTATION & INTAKE

CONSULTATION SESSION

A **consultation** session serves as a brief introduction between you and a potential therapist and typically lasts between 10-20 minutes. The purpose is for both you and the therapist to share a bit about each other so that you can collectively decide if you would like to work together.

INTAKE SESSION

An **intake** session is a bit more in-depth and allows you to share a detailed history with the therapist about what you are currently experiencing. A session like this can last between one to two hours.

Some therapists choose to include the consultation as part of the intake session while others keep the two separate. This is something you will want to inquire about as you reach out to potential therapists as part of your search.

The following pages provide a few questions to consider during your journey to finding your best fit provider.

Questions about Therapy

The questions below could be helpful for you to consider as you start your search for your best-fit therapist. The questions could be asked directly to a potential therapist or as part of your independent research.

- How can therapy help me?
- What are some reasons people seek out therapy?
- How does confidentiality work?
- What is a mental health diagnosis and what does it mean?
- What should I look for in a therapist?
- What's the difference between a therapist, a psychologist, and a psychiatrist?

Questions During an Intake or Consultation Session

In addition to the questions above, these questions could be asked during the consultation or intake session to give you a better understanding of how therapy would look with the specific therapist you are speaking with.

- How long have you been practicing?
- What licenses and certifications do you have?
- What state(s) are you licensed in?
- What therapy framework do you use?
- Based on my goals and concerns to be addressed, how often would you anticipate seeing me? For how long?
- How do you set up counseling goals?
- How open are you to speaking with my previous therapist regarding goals and progress?
- What does a typical session like? How long are the sessions?
- What happens in between therapy sessions?
- What kind of homework/reading do you give your clients?
- How do I prepare for my first session?

Whether it's the consultation session, an intake session, or even just when something new comes up for you, be prepared to share with your therapist about the frequency, duration, and severity of your concerns.

Frequency

How often you experience a concern or symptom.

Duration

How long you experience a concern or symptom.

Severity

How intensely you experience a concern or symptom.

DURING
THERAPY

02

COMMON THERAPY APPROACHES

COGNITIVE BEHAVIORAL THERAPY (CBT)

Cognitive Behavioral Therapy focuses on identifying thoughts, feelings, and actions, the links between them, and how they impact each other. This focus could be helpful for those addressing concerns with anxiety and depression.

DIALECTICAL BEHAVIORAL THERAPY (DBT)

Dialectical Behavioral Therapy uses mindfulness and emotional regulation to address concerns such as depression, eating disorders, and borderline personality disorder. DBT is a form of CBT and can often be found in group therapy settings.

CLIENT (PERSON) CENTERED THERAPY

Client-Centered or **Person-Centered Therapy** is a non-directive approach to therapy that focuses on creating an environment where the client takes the lead in exploring their feelings without interruption from the therapist. This focus could be helpful for those addressing concerns with confidence and a sense of identity.

The best way to know which approach could be of benefit to you is to speak with a mental health provider. What happens in a therapy session will look different for everyone and your individualized treatment will be determined by the therapeutic approach of the therapist and the goals you want to address. Both of these factors set the foundation for your process. If you feel the approach your therapist is using is not helping to address your concern, talk with your therapist about what other options may be available for you.

Questions to Ask Yourself Throughout the Process

Once you are in the flow of therapy, it is important to check in with yourself and reflect on how you are feeling about the process. Once you reflect on your own, you may find it necessary to reflect with your therapist and how your answers could impact your journey.

- Do you feel emotionally and physically safe?
- How do I know if therapy is working?
- Do you think they ask good questions?
- Do they seem knowledgeable and competent? Are they setting the right tone?
- Does the office feel comfortable?
 - For virtual services, consider the environment your therapist is in. Are they in a space where they can provide you with their full attention? Some therapists may be able to show you the room.
- Do you feel distracted and not engaged?
- Do you want to stay and talk or are you counting down the minutes until you can leave? Do you feel heard and understood?

COST OF THERAPY

What are my options?

Insurance: Therapy services and providers may be covered as part of in-network or out-of-network benefits. Depending on your coverage, your cost could range from a small co-pay up to the full cost of the session.

Employee Assistance Program (EAP): Your employer may offer EAP benefits that will cover a certain number of sessions for short-term care. How many sessions and the options for mental health providers will be dependent upon your employer.

Private Pay: If you don't have insurance benefits to cover mental health care, or for those who choose not to use their insurance benefits, you can pay for your session out-of-pocket at the therapist's full session rate.

Reduced Fee/Sliding Scale: If you do not have insurance coverage and cannot afford a therapist's full session rate, you can ask whether the therapist has a sliding scale. With this option, you are paying a reduced rate due to financial circumstances and this rate is subject to change as your circumstances change.

*Note: Open Path Collective is a nonprofit nationwide network of mental health professionals dedicated to providing in-office and online mental health care to clients in need. Individual therapy is priced between \$30-60 per session with couple and family therapy rates capping out at \$80 per session. For more information, please visit www.OpenPathCollective.org.



GLOSSARY

03

FLOURISH GLOSSARY

Anxiety - Distress or uneasiness of mind caused by fear of danger or misfortune.

Certifications - The formal process by which an external agency affirms that a person has met predetermined standards and has the necessary knowledge and skills to be considered competent in a particular area. (APA)** *Note: This is separate from licensure (see definition below)*

Cognition - The act or process of knowing; perception.

Confidentiality - The ethical principle or legal right that a therapist or other mental health professional will hold secret all information relating to a client, unless the client gives consent permitting disclosure.

Consent - To permit, approve, or agree. *Example: Consent to Treat*

Consultation - A brief meeting with a mental health professional to evaluate a client's case and recommended treatment.

Depression - A condition of general emotional dejection and withdrawal; sadness greater and more prolonged than that warranted by any objective reason.

Diagnosis - The process of determining by examination the nature and circumstances of a mental health condition.

Emotional Regulation - The ability of an individual to control an emotion or set of emotions (APA)**

Framework - A basic structure, plan, or system, as of concepts, values, customs, or rules.

Inclusive - Aiming to include and integrate all people and groups in activities, organizations, political processes, etc., especially those who are disadvantaged, have suffered discrimination, or are living with disabilities.

Intake - The initial interview with a client by a therapist or counselor to obtain both information regarding the issues or problems that have brought the client into therapy or counseling and preliminary information regarding personal and family history. (APA)**

FLOURISH GLOSSARY, CONTINUED

Intervention - In general, any action intended to interfere with and stop or modify a process, as in treatment undertaken to halt, manage, or alter the course of the pathological process of a disease or disorder. (APA)**

License - Formal permission from a governmental or other constituted authority to do something, as to carry on some business or profession.

Mindfulness - A technique in which one focuses one's full attention only on the present, experiencing thoughts, feelings, and sensations but not judging them.

Psychiatrist - A physician who practices psychiatry (the practice or science of diagnosing and treating mental disorders).

Psychologist - A specialist in psychology (the science of the mind or of mental states and processes).

Therapist - A person trained in the use of psychological methods for helping clients overcome psychological problems.

Trauma - An experience that produces psychological injury or pain.

Treatment Plan - The recommended steps of intervention that the therapist or counselor devises after an assessment of the client has been completed. (APA)**

Dictionary.com (n.d) Dictionary.com. Retrieved October 12, 2022, from [www. https://www.dictionary.com/](https://www.dictionary.com/)

**American Psychology Association. (n.d). APA Dictionary of Psychology Retrieved October 12, 2022, from <https://dictionary.apa.org/>

** (Definitions with ** are from dictionary.apa.org (American Psychology Association) or (APA)

RESOURCES

04+

MENTAL HEALTH DIRECTORIES & NETWORKS

Black Emotional and Mental Health Collective (BEAM)

BEAM is a national training, movement building and grant making organization dedicated to the healing, wellness and liberation of Black and marginalized communities

<https://beam.community>

Inclusive Therapists

www.InclusiveTherapists.com

Open Path

Directory for affordable in-office and online psychotherapy sessions

www.OpenPathCollective.org

Psychology Today

www.PsychologyToday.com

Therapy for Black Girls

www.TherapyForBlackGirls.com

Therapy for Black Men

www.TherapyForBlackMen.org

CRISIS HOTLINES

Behavioral Health Response

314-469-6644

BlackLine

1 (800) 604-5841

24/7 Text or Call Hotline: a space for peer support, counseling, witnessing and affirming the lived experiences to folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens.

Crisis Text Line

741741

Text HOME to 741741 to connect with a Crisis Counselor

DeQH

908-367-3374

Hotline for South Asian/Desi LGBTQ individuals, family, and friends

LGBT National Help Center

1-888-843-4564

Hotline with peer-counseling and local resources.

LGBT National Youth Talk Line

1-800-246-7743

Hotline for youth (up to age 25) with peer-counseling and local resources.

SAMHSA's National Helpline

1-800-662-4357

A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

Trans Lifeline

1-877-565-8860

Hotline for trans people staffed by trans people

Trevor Project Suicide Prevention Hotline

1-866-488-7386

Crisis intervention and suicide prevention services to LGBTQ youth (ages 13-24)