How Therapy Works

WHAT HAPPENS IN SESSION
Progress Starts Here!

Therapy Tools

Talk Therapy
- Tell your story
- In depth discussion and support

Cognitive Therapy
- Skills to help the mind manage moods, thoughts, behaviors, and physical reactions

Relaxation Techniques
- Breathing
- Meditation
- Take up a hobby

Life Story
- Build your life timeline to see the patterns

Education
- The biology of depression and anxiety (14-15% of people have experienced depression or anxiety at some point in their life)
- How medication works

Private Notebook
- Jot down questions and thoughts
- Record your action plan
- Keep track of your progress
- Feedback for the therapist

Tech
- Apps for mindfulness
- Audio for guided meditation
- Use private app journal

Action Plans
- Get organized
- Get control
- Move forward

WHAT HAPPENS BETWEEN SESSIONS
Progress Continues Between Sessions!

The Action Plan is Your Friend

- Start small
- No guilt
- Experiment with the therapy tools
- See what works
- Practice what works
- Keep notes
- Feedback to the therapist is great!

Do Some Pleasant Activities

- Start small
- Phone a friend
- Pamper yourself
- Go to a movie
- Listen to music
- Do what is enjoyable
- Volunteer

Healthy Sleep

- Limit your napping
- Create a time to worry before going to bed. Write down any worries in your notebook. Use a thought record to balance your thoughts if needed.
- Review the sleeping well fact sheet

Exercise

- Start small
- Walking three times per week grows brain cells
- Research shows that exercise helps with depression and anxiety
- Walk your dog
- Do it with others

Support

- Call a friend
- Build your social network
- Have a crisis plan if needed
- Have a support buddy
- It is okay to be assertive

Medication

- For some, research shows that the best mental health outcomes combine medication and therapy
- Use a weekly pill box
- Note how you feel
- Provide feedback to your doctor if adjustments are needed

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