

Starting Therapy – The Who, What, When, Where and Whys?

Are you thinking of starting therapy? If you've never seen a psychologist before, you may not know what to expect and could have mixed feelings about the process. Let's explore the basics – the who/what/when/where and whys?

Who Is This Stranger I'm Meant To Tell My Problems To?

Psychologists are university-trained professionals in the field of mental health and help people by providing talk therapy. We will build a collaborative relationship with you to help identify and work on difficulties with your mental health. At SQPsych, we are aware that it can be overwhelming starting therapy, and we'll strive to make you feel comfortable and connected. While we have knowledge and skills in the field of mental health, you are the expert in your own life and we will build a team relationship with you.



What Happens In a First Session?

The first time you see a psychologist:

- The session will involve information gathering.
- We will ask questions and listen to understand your difficulties and your goals.
- We'll get to know you as a person, including your values and strengths.
- We will learn about the broader context of your life, like any job or study you engage in, and the people around you.

- We'll start to build an idea of what you're struggling with, how these difficulties arose (short and long-term causes), what is keeping problems going, and what helps already.
- We'll listen to you in an empathetic and non-judgmental way. You can give feedback and open up at your own pace.

When Should I Book In?

You may have mixed feelings about booking into a psychologist, or be unsure if it will help. That's why at SQPsych we offer a free, 15-minute introductory phone call to help people ask questions about starting therapy and to get a chance to meet a member of our team and see if they could be a good fit for you.

We see people with a range of mental-health difficulties at SQPsych, including people who are really struggling, and others who are just wanting to boost their mental health as a protective step. People from all walks of life see a psychologist.

Some people feel worried or self-conscious when starting therapy, whereas others may feel relieved and motivated to start the process, and some people are ambivalent about booking in. Whatever you are feeling is ok and can be voiced.

Where Is SQ Psych?

Located in Mount Gravatt Central, Crestpoint House Wellbeing Centre is a shared office facility housing a number of psychologists, counsellors, holistic health and other small businesses.

SQPsych can be found on the ground floor through the double glass doors.

We also offer telehealth sessions if this is more accessible and convenient for you.



Why Start Therapy?

If you're thinking of starting therapy you may be experiencing stress and be struggling with short or long-term difficulties. You may have tried a few things already and be wondering whether a psychologist could offer you additional strategies or perspective. Wanting someone who will listen and provide empathy and understanding is also a common reason for attending counselling.

Psychologists use evidence-based therapeutic strategies to identify and improve mental-health difficulties. Just as you would go to the GP if your physical health was sub-optimal, seeing a therapist when you're struggling with mental health is a natural step.

If you imagine the gap between where you are, and where you want to be, therapy targets this space and we will help you build the bridge to a life that is more enriching and enjoyable.

Therapy can help you:

- Learn more about yourself, including your difficulties and strengths.
- Strengthen and build coping skills.
- Learn to regulate difficult emotions.
- Think in a more helpful way.
- Expand your behaviour and learn new ways of being.
- Connect with yourself and others in a more effective, authentic way.