

What to Expect in Therapy

A practical, flexible, and whole-person approach to growth and healing

Therapy is not one-size-fits-all. Every person arrives with different life experiences, goals, strengths, and struggles. The process is collaborative and tailored to your needs.

The overall goal of therapy is not to become a “perfect” person or eliminate all difficult emotions. The goal is to develop greater awareness, flexibility, resilience, and the ability to respond to life in healthier and more meaningful ways.

The Foundation: Acceptance and Commitment Therapy (ACT)

Much of the work is grounded in Acceptance and Commitment Therapy (ACT), an evidence-based approach that helps people develop psychological flexibility.

ACT focuses on six core processes:

1. Mindfulness and Present-Moment Awareness

Learning how to slow down, notice your internal experience, and become more present instead of operating on autopilot.

2. Cognitive Defusion

Learning to step back from difficult thoughts instead of automatically believing, obeying, or fighting with them.

3. Acceptance

Building the ability to allow uncomfortable emotions and experiences without becoming overwhelmed or avoidant.

4. Self-as-Context

Developing a more stable sense of self that is larger than thoughts, emotions, labels, or past experiences.

5. Values Clarification

Identifying what truly matters to you and the kind of person you want to be.

6. Committed Action

Taking meaningful steps toward the life you want, even when anxiety, fear, self-doubt, or discomfort are present.

Additional Skills and Approaches

Cognitive Behavioral Therapy (CBT)

CBT skills can help identify unhelpful thinking patterns and build healthier behavioral responses.

- assertiveness skills
- communication skills
- behavioral activation
- anxiety management
- reducing avoidance patterns
- improving boundaries

Dialectical Behavior Therapy (DBT)

DBT skills are often helpful for emotional regulation and relationship difficulties.

- emotion regulation
- distress tolerance
- grounding skills
- mindfulness
- interpersonal effectiveness

Somatic and Nervous System Work

Emotional struggles are not only mental — they also affect the body and nervous system.

- breathing exercises
- grounding techniques
- body awareness

- nervous system regulation
- learning to recognize stress responses
- slowing down automatic reactivity

Deeper Exploratory Work

For clients who are interested and emotionally ready, therapy can also explore deeper patterns and experiences.

- attachment patterns
- childhood experiences
- inner child work
- relationship dynamics
- identity and meaning
- existential concerns
- spirituality and values

This deeper work is never forced. Therapy moves at a pace that feels safe, collaborative, and appropriate for you.

What Therapy Often Looks Like

- talking openly and honestly
- increasing self-awareness
- learning practical skills
- identifying patterns
- practicing new responses
- building emotional flexibility
- developing healthier coping strategies
- gradually applying these skills in daily life

Some sessions may feel reflective and insight-oriented. Others may be more practical and skills-focused.

The process evolves over time depending on your goals and needs.

A Final Reminder

Growth rarely happens through shame, perfectionism, or harsh self-criticism.

Meaningful change often begins with greater awareness, compassion, honesty, and the willingness to try responding differently — one step at a time.

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