

# 12 TIPS TO SUCCESSFUL THERAPY

## QUALIFIED

- Registered practitioner
- Experienced with your concerns
- Personal characteristics match needs
- Offers therapy you seek (e.g., CBT, DBT, IPT)

1

RIGHT PERSON

RIGHT TIME

2

## COMMIT

- Book sessions in advance
- Show up & avoid cancelling
- Schedule times you have mental space
- Put aside time to reflect

## ENVIRONMENT

- Video, phone or clinic
- Is it a comfortable & quiet space
- Is it accessible (wheelchair & parking)
- Can your sensory needs be met

3

RIGHT PLACE

ESTABLISH RAPPORT

4

## RELATIONSHIP

- Give the relationship time to grow
- Ensure everyone feels safe & respected
- Have a shared understanding of the issues
- Find commonalities with each other

## TEAM WORK

- Dot point topics prior (bring them)
- Co-create a session agenda
- Take notes (photograph worksheets)
- Ask questions & give feedback

5

COLLABORATE

GOAL SET

6

## SMART GOALS

- What will it look like when things are better
- How will you both know when you get there
- Have short & long term goals
- Co-create a treatment plan

## GIVE IT A GO

- Opening up is hard, but you can say (draw, write, email) anything in therapy
- Discuss therapy itself (good & bad)
- Be honest & authentic

7

ACTIVELY PARTICIPATE

PRACTICE

8

## HOMEWORK

- Implement the tools outside your sessions
- Document homework progress
- Troubleshoot homework barriers
- Bring your homework to session

## TRACK CHANGE

- Get a baseline (starting point)
- Assess personal & therapist impressions
- Ask others how you are doing
- Complete outcome measures often

9

EVALUATE

MAINTAIN GAINS

10

## RELAPSE PREVENTION

- Co-create a 'healthy me' plan
- Know your early warning signs
- Identify internal & external triggers
- Have an action plan & set of coping tools

## BOOSTER SESSIONS

- Don't wait until things are bad
- Organise future periodic sessions to reinforce progress, maintain gains & identify obstacles

11

DONT WAIT

INVEST

12

## MENTAL WELLNESS IS PRICELESS

- View therapy as an investment
- Organize how you will pay prior
- Explore funding options
- Prepare referrals before