THERAPY PROCESS

01 REFFERAL

This is where you self-refer or are referred by someone. Your referral is accepted or declined & you are booked in and/or referred on

02 INITIAL SESSIONS

This is where you get to know your therapist & work together to understand the issues. It may involve screening measures, referrals for other supports and/or assessment

03 PLANNING

Together you will define the areas of support, manage risk, set goals & you might complete a support plan

04 INTERVENTION

This is where you have regular sessions to work toward your goals & improve your well-being & functioning

05 EVALUATION

During therapy you will track change. You might consider your own and others impression of progress. You may complete measures and questionnaires to quantify improvement

06 DISCHARGE PLANNING

To sustain progress, you may co-create an action plan that includes self-care strategies, identifies triggers and support systems. You may complete an exit interview and evaluate the service provided too

07 SELF MANAGEMENT

Reflect on your progress and achievements! You're now prepared to exit the service and embark on the next phase of your wellness journey.

08 BOOSTER SESSION

If you're self-managing, consider asking your therapist to schedule a booster session in the future to check on your progress.