

Your therapy journey

Therapy is collaborative and rarely follows a perfectly straight line. This guide shows a common pathway; you and your therapist will adapt it to your needs.

1

Enquiry and clinician matching

- Tell us what kind of support you are looking for.
- We help identify a clinician whose experience, age range and delivery options suit your needs.

2

Getting to know each other

- Discuss what has brought you to therapy, your circumstances and your strengths.
- Your therapist explains their approach and may recommend other supports or assessment where appropriate.

3

Shared goals and plan

- Agree on the areas you would like to work on and what meaningful progress may look like.
- Discuss session frequency, practical strategies and any safety or support planning needed.

4

Ongoing therapy

- Use regular sessions to develop insight, practise skills and work towards your goals.
- Your therapist may suggest resources or activities between appointments.

5

Reviewing progress

- Regularly discuss what is helping, what is not and whether your goals have changed.
- Questionnaires or other feedback tools may be used when useful.

6

Ending well and staying supported

- Plan how you will maintain progress, recognise warning signs and use your support network.
- Reduce or finish sessions collaboratively, with a future check-in or booster session if helpful.

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Your pathway may move backwards and forwards between these stages. The length and frequency of therapy vary according to your goals, circumstances and preferences.