



Understanding the Risks and Benefits of Therapy

Possible Risks of Therapy

- Strong Feelings: Talking about hard things in therapy may bring up feelings like sadness, anger, guilt, or worry.
- Old Memories: You might remember painful experiences that are hard to think about.
- Feeling Exposed: Sharing private thoughts or past events might make you feel nervous or vulnerable.
- Things May Feel Worse at First: Sometimes, you might feel more upset before things get better. That's a normal part of the healing process.
- Changes Can Be Hard: Therapy often involves making changes in your life. Even good changes can feel uncomfortable or upsetting at first.
- No Promises: Therapy doesn't always work the same for everyone. A strong connection with your therapist is important, but results can vary.
- Time and Money: Therapy takes time and may cost money, especially if sessions are weekly.

Possible Benefits of Therapy

- Hope and Relief: Just starting therapy can help you feel more hopeful and supported.
- A Supportive Person: Your therapist will listen, care, and help you in a respectful and thoughtful way.
- Better Relationships: You may learn how to improve your relationships with others.
- Improved Communication: Therapy can help you talk more clearly and calmly.
- Coping Skills: You'll learn new ways to handle stress, problems, and strong feelings.
- Clearer Goals: Therapy can help you figure out what matters most to you.
- Healthier Boundaries: You'll learn how to set limits with others in a way that feels right to you.
- More Confidence: Therapy may help you feel better about yourself.
- Healing from the Past: You can work through painful memories and begin to heal.
- Less Anxiety or Sadness: Therapy can help reduce feelings of worry and depression.
- Self-Acceptance: You might start to feel more comfortable being yourself.



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Confidentiality (Keeping Your Information Private)

What you share in therapy is private and will not be shared with others-except in the following situations:

- If you are in serious danger or someone else is in danger.
- If there is a concern about child abuse or neglect.
- If a judge orders the therapist to share information in court.
- If there is a report of a healthcare worker abusing someone.
- If there is a concern about abuse in a long-term care facility or retirement home.
- If you want your therapist to talk to someone else (like your doctor), you must sign a form giving permission.