

## MYTHS AND FACTS ABOUT PSYCHOTHERAPY

**Myth 1:** Only crazy people go to psychotherapy.

**Fact 1:** Most people experience mental health difficulties at least once throughout their lives, even though some would never acknowledge it. Those who have courage to do something about it, acknowledge they have a problem, seek help and often end up in psychotherapy.

**Myth 2:** I will have to share all my secrets and deepest thoughts/fears with my therapist.

**Fact 2:** You have control over what, when, and to what extent you share with your therapist. You can always refuse to discuss something and choose not to answer your therapist's question. The hope is that gradually you will develop trusting relationship with your therapist, so that you can share as much as needed for your progress.

**Myth 3:** My therapist is fully responsible for my progress in therapy. This is what I am paying money for.

**Fact 3:** You and your therapist share responsibility for your progress in therapy. Research shows that treatment outcome largely depends on such client's characteristics as expectations of therapy and readiness for change, as well as on relationship between client and mental health professional. You are paying money for your therapist's time, presence, and expertise, not for the result of therapy.

**Myth 4:** Once I start therapy, everything should get better at once.

**Fact 4:** Process of change is non-linear and takes time. Sometimes things will get worse before they will get better ("healing crisis"). Your therapist does not have a magic wand, so you will have to work together to make things better for you.

**Myth 5:** There is nothing I can do to contribute to the success of my therapy.

**Fact 5:** You can do a lot to improve chances of your therapy succeeding. Some examples include attending therapy sessions regularly, reflecting on therapy discussions outside of the session, working on applying/practicing things discussed in therapy outside of the therapy office, being open and honest with your therapist, developing a sense of curiosity about yourself and your life, and bringing in positive attitude.