

F A Q A B O U T

THERAPY & EXPECTATIONS

When do I need to seek help from a psychologist?

You can seek help if you are experiencing emotional distress, social, interpersonal or professional difficulties.

What will the first therapy session consist of?

Basically, the first therapy session will be an assessment session, which consists of asking general questions such as the main concern, previous experiences with your therapy and therapeutic goals/expectations.

How often do I need to attend session?

The amount of sessions that are required per month will be discussed between you and your therapist. Most of the time, the therapists will recommend starting with once every week or once every two weeks.

How long will I be in therapy for?

The length of therapy depends on the presenting concern and the therapy modality. Certain therapies require a shorter time period while others can require a longer period of time.

How long does each session last for?

Typically, sessions last for 50 minutes. We also provide short sessions that last for 30 minutes.





What type of therapy will I be given?

The type of therapy you will receive will depend on the presenting problem. Our clinic provides a variety of therapies, including talk therapies such as psychodynamic and Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), counselling therapy, couples therapy, family therapy and supportive therapy.

How will I feel during my therapy sessions?

Therapy will allow you to explore the emotional difficulties that are being experienced. Some sessions can result in positive emotions such as relief. Other sessions can be more challenging, depending on the topic discussed. However, your therapist will ensure that you are feeling okay prior to ending the session.

How will I feel after ending therapy?

The aim of therapy is to achieve the patient's goal. Sometimes this may include resolving interpersonal difficulties with relationships, with ones-self or emotional regulation. The aim is for the patient to better understand themselves and their concerns and develop applicable skills to cope.

Will I experience any judgement from my therapist?

At our clinic, we ensure that the patient is placed in a non-judgemental environment. Our therapists ensure that our patients feel that they are in a safe-space and comfortable to speak about their concerns.

Will you keep my information confidential?

The clinic is bound to confidentiality. Our team cannot disclose any of your information or share your notes to individuals operating outside of the clinic.

