

FREQUENTLY ASKED QUESTIONS

What is therapy?

At The Feelings Healers (TFH), we use a combination of evidenced-based theories and techniques to provide psychotherapy to clients. This means working with a trained therapist in a safe and confidential environment to explore and understand feelings and behaviors, gain coping skills, or develop other tools to handle daily life (*National Alliance of Medical Illness, 2022*).

Who will I be talking to?

The folks at TFH are clinicians at every level; we have licensed professional counselors and social workers, LPC associates (licensed but still under supervision), and graduate interns (still in graduate school working toward their master's degree and license). Holding a license means that the therapist has completed at least a master's degree, agrees to an ethics code, and been licensed by the state of Texas. All therapists build on their training and education and expand their knowledge and therapeutic toolbox through continuing education.

How long are therapy sessions?

Sessions are usually 50 minutes long and are offered both in-person and virtually. Sometimes a therapist will recommend a longer session for a specialized treatment. Most people see their therapist weekly, but there are times when more or less might be more appropriate.

Is what I say confidential?

Information does not leave the room UNLESS someone is at an immediate risk of being hurt/harmed or there is suspected abuse or neglect of vulnerable people such as children or the elderly. When you are under 18, your legal guardians usually have access to your medical records; however, most therapists provide general updates to parents as an overview rather than a detailed reporting of everything said. This helps protect the therapeutic relationship and encourages openness.

What will we talk about?

Therapy sessions are open dialogues to discuss whatever the client would like and are not limited to certain topics. The counselor may ask questions to get more information or to try and understand the bigger picture or to understand patterns or previous behaviors. Sometimes, therapy includes learning techniques, practices, and skills that help in everyday life. You and your therapist will decide what works best for your situation.

What is the cost?

Depending on which professional in the group you are seeing, it can range from \$65 to \$170. Some clinicians accept insurance.

What are the benefits of therapy?

Therapy has been shown to reduce symptoms in a wide array of mental illnesses, making it both a popular and versatile treatment (*National Alliance of Medical Illness, 2022*), but therapy is not limited to treating mental illness. Therapy can help everyone deal with the stressors and situations in their lives, and it can even help build up the tools needed to prevent bigger struggles!

Will medication be prescribed?

No, prescriptions would have to come from someone with prescriptive authority, such as a medical doctor or nurse practitioner/physician assistant. However, we can provide assistance with locating/referring to someone with prescriptive authority if you are taking or are interested in learning more about medication that might help your symptoms.