

# HOW DO I GET STARTED?



# THERAPY

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# WHY THERAPY

## *and why now?*

Feeling anxious? Overwhelmed? Unhappy? Not sure what you're feeling at all? These feelings might be signs that your "check engine" light is on and seeing a therapist could help.

Taking that first step to start therapy is an exciting and brave thing. But even once you've found the motivation to see a therapist, the process can feel intimidating and can be full of unknowns. Plenty of people put off seeking treatment, or try to ignore their symptoms, because finding help can seem overwhelming. You're not alone.

Think about why you want to start therapy for a moment. What happened that has made you finally feel ready to take the leap?

Write down why you want to go to therapy and what you hope to get out of it.

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# HOW DO I CHOOSE?

Feeling comfortable with your therapist is essential. In fact, several research studies have shown that the relationship between therapist and client affects therapeutic outcomes.

As you choose a therapist, consider:

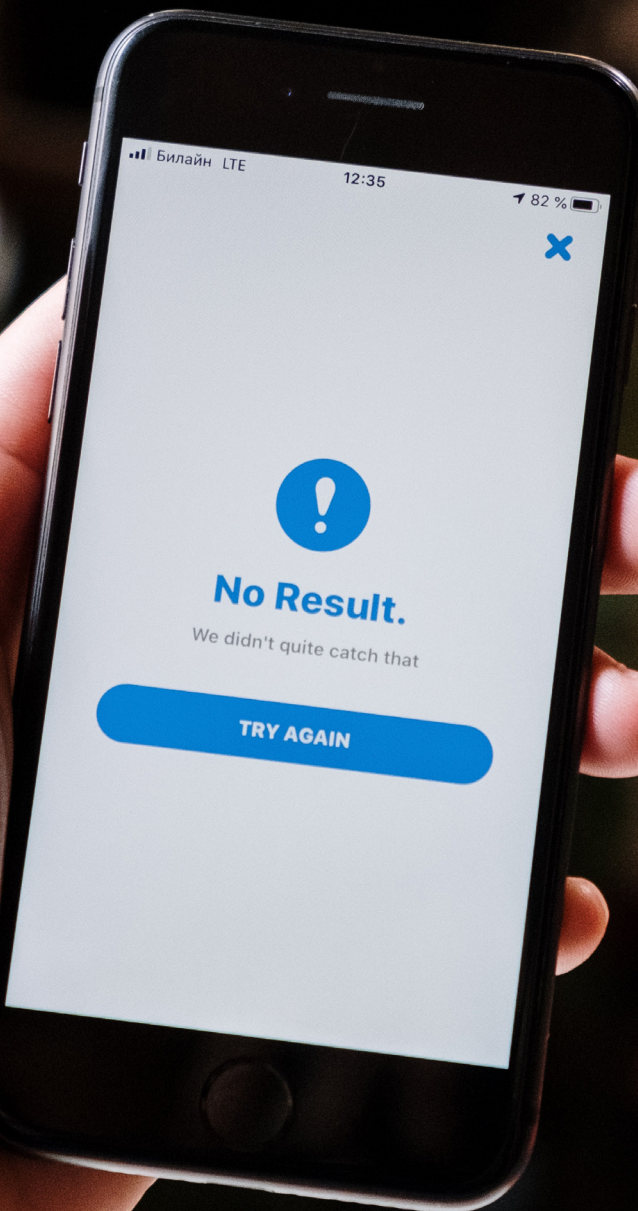
1. Will I like my therapist and be able to connect with him/her?
2. What credentials do they hold?

## *Finding a Good Fit*

Imagine the type of person with whom you could connect well.

- Would you be more comfortable seeing a man, woman, or nonbinary person?
- Would you prefer to work with someone younger or older?
- Does it matter to you if your therapist has a particular religious affiliation?

Of course, you may have no idea who you want to speak to. That's okay. You can say you don't have a preference.





# CREDENTIALS

The initials after a therapist's name indicate the particular license they've earned. You can verify your therapist's license with their license number at [secure.utah.gov/llv/search/index.html](https://secure.utah.gov/llv/search/index.html)

## COMMON CREDENTIALS:

- **LCSW** (Licensed Clinical Social Worker)
- **LMFT** (Licensed Marriage and Family Therapist)
- **CMHC** (Clinical Mental Health Counselor)
- **PsyD** (Doctor of Psychology)
- **MD** (Doctor of Medicine)



We employ licensed therapists and those who hold a Master's degree who are undergoing supervision hours to earn their licensure. We employ CSW (Certified Social Worker), ACMHC (Associate Clinical Mental Health Counselor, & MFT (Marriage & Family Therapist). We also employ interns who are currently in their Master's program and practicing under the direction & supervision of Dr. Kane and Dr. Kane's license.



## *Resources to find a therapist*

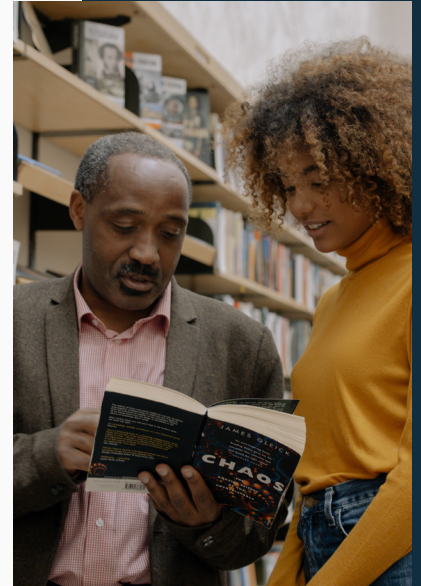
- Insurance directories
- Recommendations from friends and family
- Referrals from your doctor
- Online directories (such as [Psychology Today](#), [Therapy Den](#), [Online Therapy](#), [Find A Psychologist](#), and [Good Therapy](#).)

# INTERNS &

## *why you should consider seeing one*

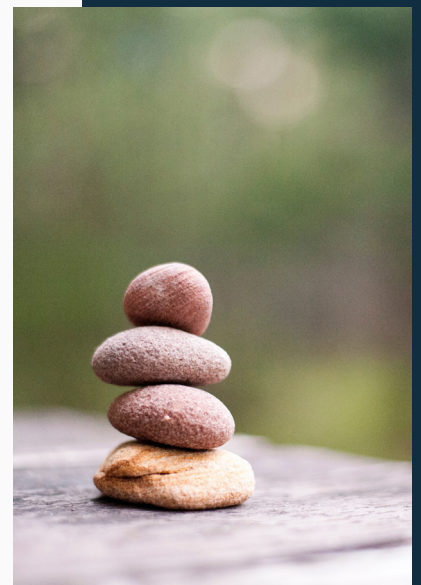
### *Increased Support for You*

Interns always have one clinical supervisor, and often two: one clinical supervisor at Dr. Christy Kane LLC,, and often one clinical supervisor in their educational program as well. These supervisors are fully licensed and credentialed, and often have special training to become supervisors themselves. Interns review and consult with their supervisor(s) on all of their cases, which means that you are not only getting one therapist working on your case, but two or three therapists whose time, expertise, and investment are applied to working with you in therapy.



### *Latest and Greatest Techniques*

Interns are completing their Master's degree and actively involved in learning the most up to date techniques and theories. The intern you may choose to work with as your therapist also invests their time working with the faculty, supervisors, and fellow interns to deepen their understanding of methods of application for those theories and techniques. When you see an intern, you get a therapist who is on the cutting edge of therapeutic techniques, and who spends their day learning how to use those techniques in the most effective way possible.



### *Investment and Energy*

It is literally an intern's job to learn about how to be an outstanding therapist **every day**. Interns have a great deal of energy and investment devoted to your therapy. Additionally, you can benefit from seeing someone who is newer in the field and isn't as likely to be experiencing burnout from spending decades working as a therapist.







## *Insurance*

Depending on your policy, you may have a \$0 to only a small co-pay that you pay out of pocket. Start by calling the number on the back of your insurance card and asking them explicitly if you have mental health coverage. Ask how many sessions are covered and find out your copay amount. Know that ***some insurances do not cover teletherapy, family sessions, or couples counseling.*** Typically, when insurance is paying for treatment they will require documentation and diagnosis from the therapist. This means your treatment typically has a start date and end date, to make sure you're getting effective treatment within a number of sessions.

# PAYING FOR THERAPY

## *Private Pay*

Many people choose to privately pay for counseling sessions to remain in control of their therapy and health information. Insurance providers often determine how many sessions you can have, which therapist you can see, or what type of treatment you can receive. Insurance companies may discontinue coverage for your sessions if you exceed your allotted sessions or if they determine that you're not benefiting from your sessions.

Additionally, insurance companies may require that you take medication before they will approve more therapy sessions for you. Finally, insurance companies require documentation to make a case that therapy is medically necessary before they will pay or reimburse for therapy sessions. This information may stay on your permanent health records, which has the potential to raise your insurance rates as well as affect future insurance coverage, your ability to serve in the armed forces, your driving record, and your ability to participate in risky sports.

***Research shows those who pay for some or all of their treatment have more positive outcomes than those who receive free treatment.***



## *10 Questions to Ask in the First Session*

1. What is your approach to therapy?
2. What methods do you use?
3. What are costs per session and am I charged for cancellations or no-shows?
4. How do you determine my counseling goals?
5. What are indications that my therapy is effective?
6. How often will we meet? How long will therapy last (weeks/months)?
7. How much experience do you have in treating concerns like mine?
8. What licenses, credentials, and training do you have?
9. What should I expect from a typical session?
10. Do I need to consider medications?



*preparing for your*

# FIRST APPOINTMENT

Before your session, pop your phone on silent, and tell anyone who may need to contact you that you'll be out of contact for a bit. Make sure you've cleared some time after your session—you may need to decompress afterwards. Even half an hour can help.

Therapy is like going to the gym in that more often than not, "having gone" feels a lot better than actually "going." Push through the discomfort and you will arrive at a much clearer place. Expect that there won't be a huge epiphany in every session. Therapy is more about incremental steps towards a deeper understanding of yourself and your internal and external worlds. Plus, that 20+ year knot that developed in your childhood requires some untangling – give yourself some time.

# OUR MODALITIES

*a brief look at common treatment methods*

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## ***Cognitive Behavioral Therapy (CBT)***

CBT is a form of talk therapy that aims to help you identify and explore the ways your emotions and thoughts can affect your actions. Once you notice these patterns, you can begin learning how to change your behaviors and develop new coping strategies. A key concept of CBT is that thought and behavior patterns can be changed.

## ***Dialectical Behavioral Therapy (DBT)***

DBT is a type of talk therapy based on CBT, but it's specially adapted for people who experience emotions very intensely. It is for people who have difficulty managing and regulating their emotions. DBT focuses on helping people accept the reality of their lives and their behaviors, as well as helping them learn to change their lives, including their unhelpful behaviors.



## ***Cognitive Processing Therapy (CPT)***

is a form of CBT that targets PTSD with the belief that our thoughts impact our attitudes and feelings about our past trauma. The implicit goal is that, over 12 sessions, you are able to turn the experiences that hurt you into ones that empower you. CPT is a great modality for someone that wants to change the ways that their trauma presents itself in their day-to-day lives.





## *Trauma-Focused*

Help those who have experienced trauma to recognize false beliefs (such as who to blame for abuse), correct unhealthy behavior patterns, and develop new ways to cope, such as self-soothing and expressing their emotions. Your therapist will help you understand how your past has affected your current emotions, behaviors, and relationship patterns. Your therapist may help you understand how early childhood experiences, family dynamics, and current relationships — which may be shaped by trauma — affect your current coping methods and beliefs about the world.

## *Eye Movement Desensitization and Reprocessing (EMDR)*

If our brain's processing system is blocked or imbalanced by a disturbing event, emotional wounds can fester and cause intense suffering. EMDR works to address trauma by using eye movements or other bilateral stimulation to process memories and disturbing feelings. In successful EMDR therapy, painful events are transformed on an emotional level. For instance, a rape victim shifts from feeling horror and self-disgust to holding the firm belief that, "I survived it and I am strong."

To learn more about EMDR visit <https://www.emdr.com>



## ***Art Therapy***

Creates the space for you to express your feelings and thoughts through art mediums that can include painting, coloring, and drawing. For someone who struggles to express their emotions and experiences through words alone, Art Therapy enables them to express themselves through visual representations.

## ***Collaborative Therapy***

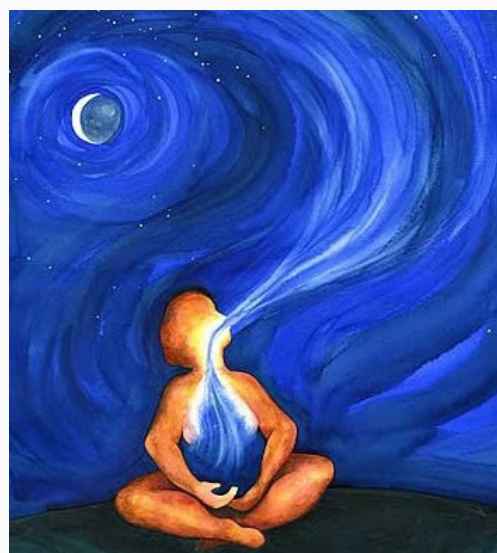
is an approach that allows you to apply your own understanding of your experiences. In this mode, your therapist is less likely to direct the conversation, with you drawing conclusions of cognitive and behavioral shifts that you need to make. This is a great approach for someone who values candid explorations of their experiences and problems as a route to reflecting on options and solutions.

## ***Attachment-Based Therapy***

Taps into the experiences that influence your early attachment experiences, or the bonds that developed between you and your early caregivers, in order to resolve the resulting feelings, thoughts, communications, and behaviors that you may have adopted as avoidant coping mechanisms. For someone whose current experiences are being negatively impacted by early trauma, Attachment-Based Therapy may be an effective therapeutic approach. This approach is often used in parent-child and family therapy sessions.

## ***Breathwork***

Encourages mindfulness and increased self-awareness via breathing exercises. Those with depression, anxiety, or extreme levels of stress may appreciate the pause, relaxation, and opportunity for reflection that breathwork brings.





## ***Ericksonian Hypnotherapy***

deviates from direct suggestion by leveraging metaphors and storytelling. If you are averse to traditional hypnotherapy, Ericksonian Hypnotherapy gives you the feeling of being in control and may be a better option.

## ***Family Systems***

Find reconciliation within your familial relationships. Founded on the concept that each member of a family contributes to the health of the family system, Family Systems Therapy is a great option for families that are experiencing a level of dysfunction that feels unmanageable. The guidance of a therapist could accelerate the healing of each individual, and thus the relationships that you share.



## ***Mindfulness***

the practice of being present and aware of your thoughts, feelings, and experience from moment to moment. This is an ideal practice for someone wanting to increase their self-awareness.

## ***Compassion Focused Therapy***

encourages you to respond to your experiences with compassion. A great choice for you if you struggle with shame and self-criticism. It can help you nurture compassion for yourself and others.



## ***Gestalt Therapy***

explore your relationship with different parts of the world outside of your experiences, in order to understand how those relationships impact your experiences. Gestalt Therapy is a great option for someone who is comfortable healing from conflict through role playing.

## ***Gottman Method***

This theory helps to break down miscommunication and other barriers to the connection, intimacy, and understanding that couples need to foster a healthy relationship. Ideal for couples who are currently feeling challenged in the areas of connection and intimacy.

*To know our individual therapist's specialties see their psychology today profile, or call our main office.*