

# How to Find Help for Life's Problems

## How does "Therapy" work?

Therapy works by helping you objectively look at behaviors, feelings and thoughts in situations which you find problematic. It helps you to learn more effective ways in dealing with those situations.



Therapy is a collaborative effort. You and your psychologist/counselor will identify your goals -- what you want to have happen, and agree on how you'll know when you're making progress. Your psychologist/counselor will talk to you about the length of time it may take to help you see changes.

Progress, and change, can happen. Nine out of ten Americans surveyed by Consumer Reports said that psychotherapy had helped them. And in another recent major national study, half of the patients studied were making improvement after eight sessions of therapy, 75 percent after six months of therapy.

## Life today is difficult, no doubt about it.

There have always been situations that can cause emotional stress - a death in the family, divorce, alcohol or drug abuse, raising children.

But today, there are many more "real life" situations that people just like you have to deal with.

### Job stress.

*"Every day, I'd wonder if I was next to get the axe. Finally, I realized I couldn't fix this on my own . . ."*

Getting laid off, or worrying about it. Fewer people doing the same amount of work. Uncertainty. Constant change. Demanding bosses.

### Family and relationship problems.

*"All I wanted was to be his father again, not the enemy . . . but I didn't know how . . ."*

Trying to make a marriage work. Troubled teenagers. Children with behavior problems or learning disabilities. Baby boomers caring for young children and aging parents. Challenges of dual careers.

### Serious illnesses: the mind-body connection.

*"They removed all the cancer, but to get better physically I had to get better emotionally as well . . ."*

Preventing physical illnesses that are caused by stress. Recovering from a life-threatening illness. Learning how to live with a chronic disease.

Sometimes you need to talk to someone, someone who can help:

- When you feel like you can't do it alone.

- When you feel trapped, like there's nowhere to turn.
- When you worry all the time, and never seem to find the answers.
- When the way you feel is affecting your sleep, your eating habits, your job, your relationships, your everyday life.
- When it's not getting any better.

When you need to talk to someone who can help, you need an experienced, trained professional.

There are many types of mental health providers you can choose from. What's important is that you select a provider with appropriate training and qualifications.

Psychologists/counselors spend an average of 7.2 years, in addition to their undergraduate college degree, in education and training. They possess a unique combination of scientific methods, along with substantial skills and experience in working with people who have real life problems. Psychologists study the science of human behavior, and then apply it, in a professional setting. Psychologists are licensed by the state in which they practice.

A psychologist/counselor can help you identify your problems, and then figure out ways to best cope with them; to change contributing behaviors or habits; or to find constructive ways to deal with a situation that is beyond your control.

*Source: The American Psychological Association (APA) located in Washington, D.C., is the largest scientific and professional organization representing psychology in the United States and is the world's largest association of psychologists. APA's membership includes more than 132,000 practitioners, researchers, educators, consultants and students. Through its divisions in 49 sub fields of psychology and affiliations with 58 state and territorial and Canadian provincial associations, APA works to advance psychology as science, as a profession and as a means of promoting human welfare.*

For questions or comments, please call 631-2200