



Frequently (un)Asked Questions about Psychotherapy



Is talking to a therapist really going to help solve my problems?

You've tried talking to a friend about your problems. You've read up on ways to solve it. But, you still don't feel better? Then you may need professional help.

How is therapy different from talking to a family member/ friend?

Talking to a friend might feel good. But, friends are limited by their own biases, preferences and relationship to you. Therapists are trained to listen, be objective, encourage independent thinking, reflect and work with you on problem areas, using techniques that have been researched.



Rather than meeting a therapist, are there any self-help resources I can use for my problem?

Self-help resources may be helpful for problems that cause only mild disturbances in our mood and day-to-day functioning. We have collated self-help resources which are available on our website: www.mywellbeingshelf.in. While these resources can be helpful, they are not a replacement for professional help, especially if you're dealing with severe or persistent issues.





Frequently (un)Asked Questions about Psychotherapy



How do I know if I need therapy?

Therapy is not just a conversation. During therapy, the therapist helps you to navigate your feelings, process information, strengthen skills to deal with your situation and with your distressing thoughts.

Is psychotherapy same as counselling?

Despite some overlap, counseling generally deals with specific issues that are less severe and of shorter duration.

Psychotherapy deals with broader issues that may be long standing, more intense, and causing significant disturbance in functioning.



Which is better, therapy or medication?

This depends on the nature and severity of your problems. Some mental health related problems require medications, some require therapy, while others require a combination of both. A professional consultation can help you to understand what might be the best option for you at a point of time.





Frequently (un)Asked Questions about Psychotherapy



I feel like I should be self-reliant but at the same time I think I need therapy. How do I overcome my hesitation to seek help?

Perhaps you feel your problem isn't serious enough, or you believe you must solve it independently. However, seeking professional help is a responsible aspect of self-care, not a sign of weakness. Therapists are trained to be non-judgemental and maintain confidentiality.



How is the kind of therapy chosen for a given client?

It is generally based on assessment of the nature and the severity of the problem, background issues, your references, available research as well as the therapist's training. You can certainly explore potential options with your therapist, right at the beginning.