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GETTING THE MOST FROM THERAPY

TELL ME ABOUT YOUR EXPECTATIONS

- If you attend therapy expecting to go back to your childhood to find the roots of the problem and I'm focusing on the present, you're likely to be frustrated if that expectation isn't brought up and discussed before you proceed.
- If you have an expectation of how long to attend therapy and how often, please let me know so you and I are on the same track.

LET ME KNOW WHAT WORKS FOR YOU, OR HAS WORKED IN THE PAST

- If you have been in counseling before and found some aspect or method particularly helpful, let me know about that.
- We will work at a pace that works for you. If you're feeling pushed to address some things before you're ready we can take things more gently. On the other hand, if you're eager to dive right in, let me know that, too.

LET ME KNOW WHEN SOMETHING WE DO DOES OR DOES NOT WORK

- I appreciate hearing that I have done something that worked or was helpful. This can also make your therapy experience more productive, since I will have your feedback to guide me in future attempts to help you.
- Like letting me know your expectations and letting me know what has worked or is helping, letting me know when something isn't helping is important. This includes what is happening at home as well as during your therapy sessions. This gives the opportunity for mid-course corrections in the therapy process.

LET ME KNOW YOUR OBJECTIONS

- Some people think that they shouldn't speak up about their worries or objections to their therapist's suggestions, but a free and frank discussion about any misgiving helps me deal with your concerns and make any adjustments to ensure a higher likelihood of success.

ASK QUESTIONS

- About the therapy process, fees, any suggestions or methods, my training and qualifications, etc. Anything you are curious about. If it gets too personal or if I consider the questions intrusive or inappropriate, I will let you know, but I want you to be an informed participant in the process.

YOU GET OUT OF THERAPY WHAT YOU PUT INTO IT

- Keeping appointments and being on time helps us work consistently and make the most of our time together.
- If you're not sure whether to bring something up, ask. In day-to-day interactions we usually seek to avoid embarrassment, for instance, but in therapy those feelings may be a clue that helps us to get to the root of an issue.