What to Expect at Your First Session:

THERAPY

ARRIVING AT THE CLINIC

It's completely normal to feel unsure or nervous before your first session. You don't need to prepare anything. Just showing up is enough.



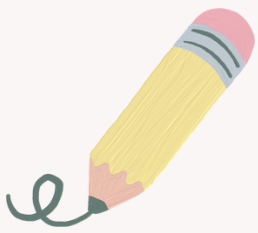
MEETING MY PSYCHOLOGIST

Each session lasts 50 minutes. Your psychologist will introduce themselves, explain how sessions work, and ask questions to get to know you better.

GO AT YOUR OWN PACE

This is your space. You don't have to share everything right away. You can share whenever you feel ready.







DIFFERENT WAYS TO SHARE

It doesn't have to be just talking. Some people might prefer drawing or writing things down. Let your psychologist know what feels easiest for you.

WHAT YOU SAY IS PRIVATE

Most of what you share stays between you and your psychologist. The only time information is shared is if they are worried about your/ other's safety, or if the law requires it.



AFTER THE SESSION

At the end of the session, the psychologist might set a small goal, or leave it there for the day. You are also free to decide if you want to come back for the next session.

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