
**ABOUT THE
CENTER FOR CHILD
AND FAMILY ADVOCACY, INC.**

CCFA was started in 1984 as a grassroots organization.

The Center for Child and Family Advocacy, Inc. has specialized in the prevention and treatment of child sexual abuse and continues to be a leader in the field.

CCFA exhibits a commitment to preserving, empowering, and strengthening families in crisis.

Offers a variety of professionals to address the vast needs of clients.

Mission Statement:

Providing comprehensive services to those affected by abusive behaviors through treatment, prevention, education, and advocacy.

**Serving Defiance, Fulton,
Henry, Paulding and
Williams Counties**

Satellite Locations:

Defiance County
Family Justice Center
1340 West High Street
Defiance OH 43512
419-782-1314

Fulton County
Family Justice Center
120 East Chestnut
Wauseon, Ohio 43567
419-335-4255

Bryan Office
116 N. Main Street
Bryan, Ohio 43506

24-Hour Crisis Hotline
1-800-782-8555

www.theccfa.org

Search for @CCFA



Expectations Of Therapy



**The Center for Child and
Family Advocacy, Inc.
219 East Washington St.
Napoleon, Ohio 43545
419-592-0540**

SOME THINGS TO KEEP IN MIND WHILE IN THERAPY

- Be sure to say something to your therapist if there is a problem or if the therapist is not giving you what you want/need.

If something is uncomfortable, awkward or not the way you expected, tell your therapist, discuss it before it creates problems in getting what you need from treatment.

- Be on time for your appointments and keep track of when your appointments are scheduled.

You must be responsible for your appointments. A pattern of missed appointments may result in discontinued service.

- Take an active role in negotiating goals with the therapist, as well as the issues to be covered in session.

You and your therapist will work as a team and your input will be sought every step of the way.

- You get out of therapy what you put into it.

Success is directly related to your commitment and willingness to work hard. The more you put into it, the more you get out of it.

- The therapist is here to help you do the work, not do it for you.



- Therapy is only one hour in a week. It is intended to be one source of support, but not the only one. Put into practice at home what your learning in therapy.

One hour a week is not much time, so to maximize the benefits of counseling, you will need to work on it away from here—like homework. Tasks might include thinking or acting differently in certain situations or perhaps reading something, keep a journal, or going to a meeting. The more you work on this throughout the week, the more likely you will be to experience change and perhaps see it happen sooner.

- Change does not just “happen” it begins when you begin to do things differently. This takes time. Do not expect overnight miracles.
- Progress in therapy means hard work by both the therapist and the client. Therapists do not have magic wands.
- Things sometimes get worse before getting better as you learn about yourself— that is OK.

You may experience a lot of different feelings because of the sensitive nature of what brought you here. You may discuss things that make you sad or angry. Do not assume the unpleasant feelings mean counseling is not helping. To the contrary, this may be seen as normal. There will be times that you feel good about tackling these concerns and making progress.

- When progress is made, keep working toward your goals. It is easy to slip back into old patterns.

The changes you will be making are lifelong, so even when counseling ends you will need to work at maintaining the progress you have made.

- Growth can be an exciting process.

There will be genuinely good feelings of being in control, moving forward, and making healthy decisions for yourself, your relationships and/or family.

- Be honest.

Honesty is the most important part. If you are not honest, you are wasting your time, our time and your money. Honesty is absolutely essential!

- If there is a crisis or something you need to talk about, bring it up early in the session.

Waiting until the last few minutes of the session is unfair to you and to your therapist and may result in feelings of dissatisfaction.

- When calling your therapist, call on a day you know he or she is here. If he or she is not in, be sure to leave your name. If cancelling the appointment, give the receptionist the reason you are canceling and state whether you will be returning next week at your regular time.

Check with your therapist about their work schedule to make it easier to contact him/her. The agency has an automated phone system that allows you to leave a message for your therapist after hours or on weekends.

CCFA Cancellation Policy

Appointments can be cancelled through your therapist, the receptionist, or by voicemail message. Appointments must be canceled 24 hours in advance.