

Information taken from **GoodTherapy.org**: <http://www.goodtherapy.org/what-is-therapy.html>  
Please follow the links and see their website for more information.

Therapy, also called psychotherapy or counseling, is the process of meeting with a therapist to resolve problematic behaviors, beliefs, feelings, relationship issues, and/or somatic responses (sensations in the body). Beginning therapy can be a big step toward being the healthiest version of yourself and living the best life possible—no matter what challenges you may be facing. Through therapy, you can change self-destructive behaviors and habits, resolve painful feelings, improve your relationships, and more.

Though no one can tell you exactly what your therapy process will be like, in all [modes of therapy](#) you will establish goals for your therapy and determine the steps you will take to get there. Whether in individual, group, or family therapy, your relationship with your therapist is a confidential one and focuses not only on the content of what you talk about, but also the process. The therapeutic process--how you share your feelings and experiences--is considered to be just as important as the specific issues or concerns you share in therapy. Once you start therapy, it may help to know and recognize [elements of healthy therapy](#) as well as [warning signs of questionable therapy](#).

On the whole, you can expect that your therapist will be someone who supports you, listens attentively, models a healthy and positive relationship experience, gives you appropriate feedback, and follows [ethical guidelines](#). Good therapy should be tailored to you and your experiences.

## **Frequently Asked Questions about Counseling and Therapy**

- [How do I choose a counselor or therapist?](#)
- [What exactly does therapy accomplish?](#)
- [I'm nervous about starting therapy; is that normal?](#)
- [What will happen in my first therapy session?](#)
- [How much does therapy cost?](#)
- [How long does therapy last?](#)
- [What do I do if I don't like my therapist when I meet him or her?](#)
- [Does the sex or gender of my therapist matter?](#)
- [Will I have to talk about my feelings in therapy?](#)
- [Can a therapist prescribe psychotropic medication?](#)
- [Can my therapist tell other people about our sessions?](#)
- [Can other people come with me to my therapy sessions?](#)
- [I'm under the age of 18; does my parent have to give permission for me to go to therapy?](#)
- [What is the difference between an intern and a fully-licensed therapist?](#)
- [Can therapy affect the brain?](#)