



Question 3: Isn't Therapy just for "crazy" people?

No, therapy isn't just for "crazy" people. People seek psychotherapy for a range of reasons in everyday life. Some pursue psychotherapy for treatment of depression, anxiety or substance abuse. But others want help coping with major life transitions or changing problem behaviors: the loss of a job, a divorce or the death of a loved one. Yet others need help managing and balancing the demands of parenting, work and family responsibilities, coping with medical illness, improving relationship skills or managing other stressors that can affect just about all of us. Anyone can benefit from psychotherapy to become a better problem solver.