

**Question 13: What would you say is the biggest misconception that most people have when it comes to seeing a Psychologist (Counselor, Therapist and Psychiatrist)?**

I think that the biggest misconception most people have is that only people who are seriously mentally disturbed, depressed or suicidal come into therapy. This is clearly not the case. People come to see a therapist for many reasons such as dealing with anxiety, improving relationships, dealing with stress or grief or just wanting to gain more insight into themselves psychologically and spiritually. Along with this misconception, is the belief that therapists will always want to prescribe medicine for whatever ails you. Most therapists do not even prescribe medication. If medication is required, you will usually be referred to a psychiatrist who can further evaluate your condition to ascertain if medication is a suitable option. Lastly some people believe that once you start therapy you will be involved in therapy for a very long time. It is true that some people continue therapy over many months because of the reason they are there and because they choose to continue to grow and learn. The truth is, the duration of your therapy is up to you and it is very unlikely that you will be in therapy forever!