



Risks and Benefits of Attending Counselling/Psychotherapy

Limits of Services and Assumption of Risks: Therapy sessions carry both benefits and risks. Therapy sessions can significantly reduce the amount of distress someone is feeling, improve relationships, and/or resolve other specific issues. **However, these improvements and any “cures” cannot be guaranteed** for any condition due to the many variables that affect these therapy sessions. Experiencing uncomfortable feelings, discussing unpleasant situations and/or aspects of your life are considered risks of therapy sessions.

The Following Are Some Potential Risks And Benefits Of Attending Therapy.

Risks:

- **Emotional Discomfort:** The therapeutic process might bring forth uncomfortable or painful feelings like sadness, guilt, anxiety, anger, or frustration.
- **Revisiting Painful Memories:** Therapy may resurface distressing memories, affecting relationships, especially if working on establishing healthier boundaries that upset those used to disregarding them.
- **Vulnerability:** Therapy may entail sharing personal information, leaving one feeling exposed, such as revealing self-critical thoughts that were previously used against them.
- **Temporary Worsening:** Therapy may lead to a temporary worsening of symptoms as it often involves focusing on unpleasant issues.
- **Challenging Change:** Successful therapy often requires uncomfortable change, potentially involving feelings of loss, even if the change is ultimately positive.
- **No Guaranteed Outcome:** Therapy is not a guaranteed solution, with results varying from person to person, and the therapist-client relationship plays a crucial role in its effectiveness.
- **Cost and Time Commitment:** Therapy services can be expensive, and regular attendance may require a significant time commitment.

Benefits:

- **Hope and Relief:** Scheduling the first therapy appointment can bring initial improvements, offering a sense of hope and relief.
- **Supportive Ally:** Engaging in therapy provides a supportive person offering trauma-informed, strengths-based, and culturally informed services.
- **Enhanced Relationships:** Therapy can lead to improved relationships with others.
- **Effective Communication:** Improved communication skills can be developed through therapy.
- **Coping Skills:** Therapy can provide stress relief by helping develop improved coping mechanisms.
- **Clarity in Personal Goals:** Therapy may help gain clearer insights into personal goals.
- **Boundary Setting:** Learning to establish healthier boundaries is a potential outcome of therapy.
- **Increased Confidence:** Therapy may boost self-confidence.
- **Resolving Past Experiences:** Addressing and coming to terms with past experiences can be achieved through therapy.
- **Reduced Depression and Anxiety:** Engaging in Therapy can lead to decreased levels of depression and anxiety.
- **Supportive Listener:** A caring and attentive therapist will be focused on helping throughout the process.
- **Self-Acceptance:** Therapy can facilitate increased self-acceptance.

Please Note: Each person's individual experiences in the counselling/psychotherapy processes may vary. Your therapist will work closely with you to navigate these aspects and tailor the treatment to your specific individual and changing needs.