

# 3 Tips to Get the Most Out of Therapy



For some, therapy might seem an opaque, meandering process. You might constantly wonder "where is this going?" or "is all this talking supposed to do something? I don't feel any different."

When people seek therapy, they're often looking for something. To feel better, or to live better. To improve relationships or boundaries or self-care or sleep or work. You could spend a lot of time and money talking about these problems, but not making any real progress.

It doesn't have to be this way.

Here are 3 tips to get the most out of therapy:

## **1. Set clear, manageable goals**

Think about the problems you'd like to solve. If you're feeling down all the time and your goal is "to be happy," name 3 changes in your life that might contribute to this. Now name 1 step you could take in 1 area. What's your deadline for this step? Now both you and your therapist know what you're working toward, and the path forward. Your therapist can guide you through the goal-setting process and give you tools to support you through your steps.

## **2. Give feedback**

There are so many areas of our lives where giving feedback can be helpful, including therapy! If your coffee order isn't right, you will benefit from having it corrected, and the coffee shop will benefit from your continued business when you return. If something about therapy isn't working for you, you will benefit from noting the issues, and your therapist will benefit from improving the process with you. For example, your therapist suggests meditation for you, you

try it. You hate it because you can't turn your thoughts off. When you tell your therapist, they tell you how to manage thoughts when they come up, and this works for you!

### **3. Be consistent**

This one may seem simple and obvious, but it's often harder than we imagine. You have work meetings, vet visits, family stuff, physical therapy, laundry, financial planning, time with friends.....omg the list goes on and onnnnn. Then you add therapy and it's bringing up pesky feelings. Therapy isn't always the hot bubble bath or the soothing massage we hope it'll be. And there was that stuff you were supposed to do between sessions that you 100% forgot about.

Ok, I totally get it. You may not always look forward to therapy and you have a lot going on. But being consistent is truly the most important thing you can do to get the most out of therapy. Be there every week, on time, ready to review the stuff you practiced in the week between sessions. Therapy can be an incredibly valuable time where you recognize what's holding you back and see your way forward. And then you can use the 167 other hours in the week to take those steps on your now clear path. If you're consistent, you can make progress!

### **Key Takeaways**

You want to get the most out of therapy because you can graduate sooner, saving you so much time and money. More importantly, you want to start feeling better and living better ASAP. You can do it by working with your therapist to set clear, manageable goals. You can do it by giving constructive feedback. You can do it by being consistent during and in between therapy sessions. Bonus tip: embrace your imperfect journey, because progress is not a straight line ~

**Make progress with me!**  
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