



GET THE MOST OUT OF THERAPY

Therapy is a huge financial investment. We want to make sure it **works for you**. Anxiety and Depression can impact our motivation and make it hard to feel like attending appointments. This can lead us to cancelling, rescheduling or not prioritising therapy. If you do feel like this, it's important to mention this to your therapist so we can help you to improve motivation. Check out these other seven **guidelines** that can help you get the **most out of therapy**.

Make therapy a **priority**.

Like going to the gym, your brain needs repetition to learn “new tricks” so put yourself and your therapy first.

Do the work **outside your sessions**.

Techniques and strategies require practice so they become automatic? Remember learning to ride a bike or drive a car?

Set **markers** for **change**.

If by session 6 there is no change, we need to work out why (therapist, treatment or look at what else is going on).



Schedule sessions at a good time.

Repeated rescheduling will only slow your progress because there is no repetition of skills.

Check your **expectations**.

Change takes time, however 30% of clients tend to drop out before session 3. With anxiety disorders, we tend to see people responding by session 6, with best results coming when therapy is **completed** (CBT course 12-16 sessions).

Connect with your therapist.

If there is not a “**good fit**” between yourself and your therapist you’re not likely to meet your goals. If this is the case, ring us and we will transfer you to another therapist. We have an open door policy and only want what is best for you.

Commit.

There is no difference between mental and physical health. Like a prescription for antibiotics, best results occur when you complete the course.

We want to make sure you get the best outcome for your investment!

The Anxiety House and OCD Clinic Team