

How long will it take before my problems get better?

The length of time an individual is in counseling varies greatly, depending on the nature of the problem you wish to focus on, the frequency/consistency that you come to counseling, and your participation both in and out of session. As your therapist, I will establish with you a regular schedule based on your specific need. A person may come to counseling once or twice or may choose to continue counseling until they have met their goals for life improvement.

Keep in mind that most emotional and/or relationship problems have evolved over several years, and it is unrealistic to expect them to be solved quickly. In most cases, sessions are scheduled weekly and then spaced farther apart as your goals begin to be met.

The length of counseling or therapy cannot usually be determined ahead of time, but the decision to continue or not will ultimately always be yours. We will periodically discuss your progress to determine how many sessions might be needed.

Some clients will engage in therapy for a period of time and then take a break from therapy knowing they can return at any point in time for "booster" sessions or if difficulties arise.