

Booklet 3

Get ready to start Therapy



Services provided by



www.derby-talk.co.uk



Before you start

Therapy is a commitment, and for a short period of time, you will have to be able to prioritise and focus on the sessions and the between-session work that you need to complete.

In order to make sure therapy is as effective as it can be for you, it's important to consider how ready you feel to start. Half of the process is actually getting the timing right. It's important that this is considered in order to give you the best chance of being able to get the most out of your sessions and your time working with us.

So first things first, here are some really good questions to ask yourself...

Q

Do I have the time for this, right now?

A

Many people struggle to juggle work, home and family commitments. You don't need to suddenly find buckets of spare time for therapy, but it's important that is still up there with your other priorities. The question to ask is, can you realistically attend regular sessions, commit time each week to complete between session tasks, practice your techniques daily, and really focus on nothing but your sessions when you are in them.

If now isn't the right time, we're not going anywhere – you can always come back when the timing is a little better.

Q

Is my mental health the main problem?

A

Sometimes our mental health can become poor when something else is going on, and often it won't improve until that "something else" has been dealt with. For example, if your main struggle has been caused by other, maybe more practical problems (i.e. housing, money, work) or maybe even an increase in alcohol or substance use, the first thing that needs to be addressed is that main issue. This way, there is space to focus on solely the mental health problem without other factors getting in the way. If you feel you need more practical support, we can help you find that. It might be that we suggest you access more specific, practical support and come back to us as a second or third step in the process. You will most likely still benefit from our support, but there might just be a couple of extra steps to take first.

Q

Am I ready for a change?

A

Most likely, your therapy sessions will be focused on making changes. This might sound simple, but if you feel you aren't ready to make changes to your day-to-day life, or introduce new things to your routine, it's something to think about. Sometimes, the changes could be a little bigger than that too, including going into new situations, or even old ones you might have been avoiding. It may even be trying to introduce new approaches to things all together. Making these changes can be challenging and difficult. It's absolutely okay if you aren't comfortable with that straight away, but if you feel you definitely aren't ready for that right now, it might be worth taking a little time to think about it, and coming back to us when you are ready.

Q

Am I prepared to feel a little worse, before I feel better?

A

It's often said, but sometimes things need to feel a little worse before they feel better. Especially when you start, you may need to have some difficult conversations, and face the uncomfortable feelings head on. Nobody feels better straight away, and we might need to unpack some of those thoughts and feelings first before we can deal with them. It won't be like this for the whole time, but for many the feelings can be a little too much and you might feel unable to cope with them outside of the sessions. That's perfectly okay. We are here to support you the best we can, but if you feel that therapy might make you feel worse at this time, and that you might not feel able to manage those feelings right now, we will probably talk about some other options. Therapy isn't the only option for mental health support, and when it comes to getting the right help, it's not one size fits all.

Q**Do I have one clear goal in mind?****A**

We are a short-term therapy service, which means that we always recommend that you have a clear goal in mind for what you would like to work on. Unfortunately, as we are time-limited, we can only focus on one thing at a time, and therefore it's important that you ask yourself if that will be right for you. It might be that you have one issue that you want to address, and that is what your sessions will be focused on. It might be that you have a lot more going on, but want to start with just the one area to begin with, to get started on the recovery journey. That can actually be really helpful! However, if you feel like there is a lot you need to address, all at once, and you can't pinpoint one particular area on its own, then that is completely okay, but short-term therapy might not be the best option. Fortunately, there are some really great long-term therapy options available, as well as other services that can offer different types of support. It may be worth looking into these in the first place so that therapy can be exactly what you need, and you can get the right type of support for you. We will always advise what's best for you, based on your goals and what you are looking for.

Q**And finally, is it the “here and now” that I want to focus on?****A**

As a service, all of our therapies focus on the “here and now”, how to change the way we feel in the moment and address current difficulties. We might talk about things that have happened in the past to understand how they affect the things you do day to day. However, the main focus is always on what we experience in the here and now, and how to make changes in the moment, to improve the way we feel.

Therefore, if you are looking for support to explore your past, or for a more in-depth review of past events, we might not be a good fit for you. That being said, there are services that can provide that, and you may find longer-term therapy services a lot more beneficial in helping you reach your goals.

What next?

If you have gone through the questions, and you feel you are ready to give short-term therapy a go, then we would encourage you to take some time to learn more about the approaches we offer:



www.derby-talk.co.uk

Otherwise, you may want to have a chat with your GP for some further advice. Below we have listed alternative mental health, in case you would like to check out some of your other options before you book your assessment.

If you would like to explore other options outside of our service, then you might want to check out some of the below options too:

Rethink Mental illness



www.rethink.org



0808 801 0525

Barnardo's for Asylum Seekers



helpline.barnardos.org.uk/boloh-helpline/asylum-seekers



nottinghamshiremind.org.uk



0800 470 0203

Anxiety UK



www.anxietyuk.org.uk

Mental Health Foundation



www.mentalhealth.org.uk

Hub of Hope (Support Directory)



hubofhope.co.uk

Al-Hurraya (Peer-led, Culturally specific support - Derby City Only)



www.al-hurraya.org

BEAT UK (Eating Disorders support)



www.beateatingdisorders.org.uk

National Hearing Voices Network

 www.hearing-voices.org

No Panic (Anxiety support)

 nopanic.org.uk

Student Minds

 www.studentminds.org.uk

PANDAs Foundation (Perinatal Mental Health)

 pandasfoundation.org.uk

 equation.org.uk

Age UK

 www.ageuk.org.uk

Relate (Relationship support)

 www.relate.org.uk

Men's Sheds

 menssheds.org.uk

Carer's Hub

 carershub.carersfederation.co.uk

Family Lives

 www.familylives.org.uk

Shelter UK

 www.shelter.org.uk

Derbyshire recovery partnership (Alcohol and substance support)

 www.derbyshirerecoverypartnership.co.uk

 0845 308 4010

Aquarius (Alcohol support - Derby City Only)

 aquarius.org.uk/our-services/adult-services/derby/

 01332362744

Phoenix Futures (Substance support - Derby City Only)

 www.phoenix-futures.org.uk

 03007900265

Derbyshire Mental Health Helpline

 0800028077

Derbyshire Refuge solidarity

 derbyshirerefugeesolidarity.org

British Red Cross

 www.redcross.org.uk

British Red Cross

 www.redcross.org.uk

 0845 308 4010



First Steps (Eating disorders service)

 firststepsed.co.uk

 03001021685

British Red Cross

 www.redcross.org.uk

 0845 308 4010



Derby Women's Centre

 www.derby-womenscentre.org.uk

 01332 341633

P3 (Homelessness Charity)

 www.p3charity.org

 08081692333

Derbyshire LGBT+ Drop in service

 www.derbyshirelgbt.org.uk/contact-us

 01332207704

Contact us

If you would like to speak to us, or if you have any questions you can call us on:



0333 041 7262

Please note, our phone lines are open Monday through Thursday from 9am to 7:45pm, and Friday from 9am until 4:30pm.



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