



## What Really Happens in a Therapy Session

When you take your car to the mechanic, you know what's going to happen: Your car will get repaired. When you break a bone and visit your doctor, you know what's going to happen: Your bone will be set in a splint or cast and eventually heal. But many people aren't quite certain what to expect when you make an appointment to see a therapist. Will you just talk? Will you have to discuss your childhood? Will you be "hypnotized?" There is a great deal of uncertainty in our society about what actually happens during a therapy session, what types of issues and problems are suitable for therapy, and what benefits a therapy session can provide.

### Do I have to be "sick" or "disturbed" to go see a therapist?

No. Thinking that one has to be "seriously disturbed" in order to see a therapist is a myth. While some therapists do specialize in severe emotional disturbances, many focus on simply helping clients work through far more typical, everyday challenges like managing test anxiety, creating more school-life balance, substance use/abuse, or feeling anxious about dating again after a rough break up.

### What actually happens during a therapy session?

Each session is, essentially, a problem-solving session. You describe your current situation, and your feelings about it, and then the therapist uses their expertise to assist you in trying to resolve that problem so you can move closer to having the life you wish to have. At the beginning of a session, the therapist typically invites you to share what's been going on in your life, what's on your mind, what's bothering you, or whether there are any goals you'd like to discuss. You'll be invited to speak openly. You won't be criticized, interrupted or judged as you speak and your conversation will be kept confidential.

### How long will I have to go to therapy?

This varies from person to person. Sometimes, one brave, honest conversation is really all you need. Other clients schedule sessions over a period of several weeks or months, focusing on one issue, resolving that issue, then perhaps moving on to a different challenge. Therapy is really about whatever a client needs—a one-time conversation, a temporary source of support during a life transition, or an ongoing experience to optimize health physically, mentally, emotionally and spiritually.

### Where are the Grafton Campus counselors located?

On campus counseling is located at the **Cummings Support Center**, 6 Captain William O'Brien Rd, next to the Alpha Psi house.

### What are the on-campus hours?

**Tuesday:** 12:00am to 8:00pm and **Wednesday:** 11:00am to 7:00pm

### To sum it up:

Therapy is a valuable tool. As a student at Tufts, you are eligible for up to **6 free sessions** of face-to-face counseling **per issue** on-campus. Students can see a therapist for all kinds of reasons including feeling stressed and overwhelmed, test-taking anxiety, relationship issues, time management, depression, grief/loss, and more. If long-term counseling (beyond six sessions) is needed, **or** you prefer to see a counselor off-campus, we will help you find someone that accepts your health insurance. Currently, counselors are on-campus two days per week, Tuesdays (12-8pm) and Wednesdays (11-7pm). Most students can get an appointment within a week or less after calling the Student Assistance Program at 800-756-3124, or emailing [robert.lenhardt@tufts.edu](mailto:robert.lenhardt@tufts.edu) (Tuesday appointments) or [megan.campbell@tufts.edu](mailto:megan.campbell@tufts.edu) (Wednesday appointments).

Any Problem. Anytime. Anywhere

**800-756-3124**

[www.studenttalkone2one.com](http://www.studenttalkone2one.com)