



How To Find The Right Therapist for You...

Don't get caught out. Your free report on what would be helpful to know... Some simple advice to choosing your therapist.

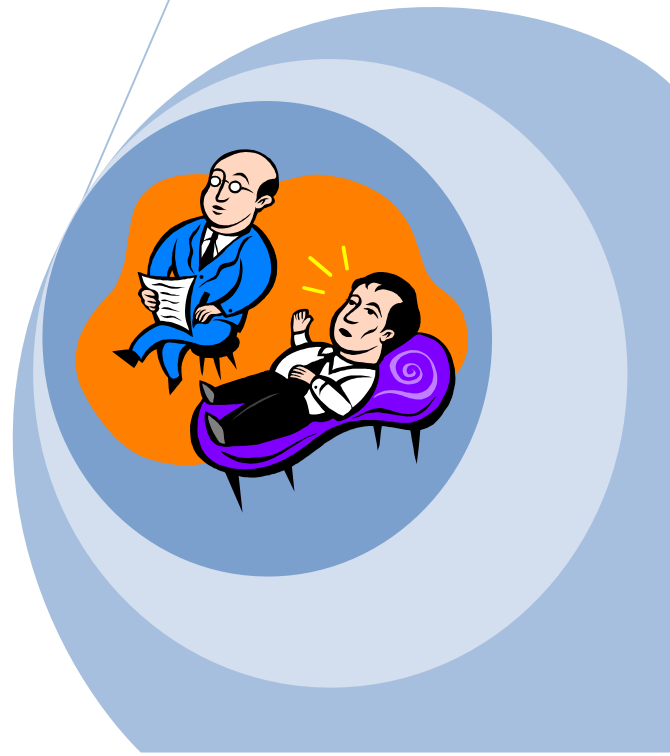
I need help. HELP! What are the options? What would work for me? How do I know if it will work? I'm confused – where do I start? This information is written to give you some ideas in assisting you to make some decisions as to who might be right for you.

Presented to
you by:



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By Bruni Brewin



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How to Find the Right Therapist for you...

Don't get caught out. Get your free report on what you should know about before choosing your therapist... Some simple advice to choosing your therapist.

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I need help.

- ❏ What are the options?
- ❏ What would work for me?
- ❏ How do I know if it will work?
- ❏ I'm confused – where do I start?

Well! Let's start at the beginning.

- ❏ What is your problem? What needs help?
 - Is it your mind that needs help?
 - ❏ The term mental disorder implies a distinction between 'mental' and 'physical' disorders.
 - DSM-IV™ (Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition) writes about Compelling writers documenting that there is much 'physical' in 'mental' disorders and much 'mental' in 'physical' disorders.
 - The problem raised by the term 'mental' disorder has been much clearer than its solution, and unfortunately, the term persists in the title of DSM-IV™ as no appropriate substitute has been found to date.
 - If we talk in lay-man's terms, problems in the mind can be looked at as a minor problem that is due to a situational happening, one that is recent.
 - Or it could be more severe.
 - It doesn't mean you are crazy.
 - Is it your body that needs help?
 - ❏ All medical conditions are defined on various levels of abstraction – for example,
 - structural pathology (e.g. ulcerative colitis)
 - symptom presentation (e.g. migraines)
 - deviance from a physiological norm (e.g. hypertension) and
 - aetiology – the study of causation. (e.g. pneumococcal pneumonia - Pneumococcal pneumonia is a common but serious infection and inflammation of the lungs. It is caused by the bacterium Streptococcus)
 - Is it your spirit that needs help?
 - ❏ There are many definitions of spirit. In this context here I refer to -
 - Your 'Life-Force', or 'Free-Flow or Blocked Energy' within your body.

- The state of a person's emotions (especially with regard to pleasure or dejection).
- Or is it all of the above and more?



▣ How long has it been a problem?

▣ Would you say it is a big problem, or a small problem?

- A few days or a couple of months?

▣ Brief Therapy

- This might be just needing to talk this over with your Doctor, Counsellor, getting a CD or book on the subject or talking to a trusted friend.

- A number of years?

▣ What have you tried so far?

▣ Have you talked it over with your Doctor or Health Professional?

▣ Has (s)he suggested that you go on medication for the time being?

▣ Has (s)he referred you to a specialist?

▣ Is the answer YES to all of the above, but you felt this therapy isn't working?

- Longer? How much Longer?

▣ What have you tried so far?

▣ Have you talked it over with your Doctor or Health Professional?

▣ Has (s)he suggested that you go on medication for the time being?

▣ Has (s)he referred you to a specialist?

▣ Is the answer YES to all of the above, but you felt this therapy isn't working?

There is a saying; "If you always do, what you've always done – you'll always get what you've always got!" Change – needs change!

▣ Before booking, believe it will work.

- There is no point in doing anything you already believe is useless. Your belief will be part of determining the outcome of the therapy you undertake. What to do?


▣ Research your problem

- Internet.
- Books – Book shop and Library.
- Get informed opinions from Specialists in the area of your problem.
- Ask questions and research both Traditional and Non-Traditional healing that has worked.


In the words of Buddha; "Believe nothing, no matter where you read it or who has said it, not even if I have said it, unless it agrees with your own reason and your own common sense."


Choosing the therapist that's right for YOU.

- You may want to interview more than one therapist before deciding the one for you. The type of therapy you want would help you to decide where to look for one.

 You could call a referral service.

 Look in your Yellow Pages, or local paper.

 Ask a friend.

 Look on the Internet.

- Of course as a long-standing member of the Australian Hypnotherapists' Association (AHA), I am biased as to which referral service you should use for Clinical Hypnotherapy. (You can see more information on the AHA by going to <http://www.ahahypnotherapy.org.au> or phoning the Free Advisory Line 1800 067 557.) Even so, you may come across other referral organizations and there are some criteria you can use to narrow down your choice of services.
 - Ask how long the organisation has been in business?
 - Ask if the organisation has a choice of therapists. Many individuals will use the name of a referral service, but the individual running the service is the only "choice."
 - Are you talking to the Psychological Association who can only refer you to psychologists? Can they help you to choose the best possible type of therapist if you wanted a clinical hypnotherapist or counsellor, on what do they base their advice – is it prejudiced?
 - Does the organisation only have 3 therapists in their group, or can they provide referrals internationally?
 - Large organisations which have been around for a long time will not only have a large pool of experts to choose from, but they will also be very concerned about their reputation and therefore will take great care in choosing the therapists to whom they refer. (Unsuccessful, small organizations can just close their doors and no one will notice a disreputable organisation that closes with no accountability.) A large referral service will be very responsive to complaints and will work to remove any "bad apples."
 - What about the difference between hypnoanalysis, NLP, EMDR, EFT, TATT, sub-conscious mind healing, transactional analysis, or gestalt therapy?--A referral counselor will personally help find the RIGHT therapist for you.

- Also try to get a feel for the type of organisation and find one that makes you feel comfortable --this should add confidence to your choice.
- ⁽⁴⁾ Grohol points out that nobody wants to put their intensely personal emotional problems into the hands of an inexperienced, ineffective, or useless practitioner.
 - 📖 The below guidelines will offer suggestions you may want to follow in choosing your next therapist.
- Find a therapist you feel comfortable with, someone that you feel you can trust and open up to.
 - 📖 How will I know? Asking questions about the therapist's experience even before you book is appropriate. You're interviewing the therapist as much as they will be interviewing you when you get there. Take the opportunity to ask about the therapist's experience with your issue. For instance, questions such as:
 - "How long will it take to deal with my issue?"
 - "How much will it cost?"
 - "How long are the sessions?"
 - "Have you seen a lot of clients with similar concerns to my own?"
 - "When was the last time you treated someone with a problem similar to mine?"
 - "What has been the success rate in your method?"
 - "Do you have any references from people that have had this problem, and have benefited from your therapy?"
 - "How long have you been in practice?"
 - and anything else you can think of...



○ **Make a list of what is important to you.**

- 📖 ⁽⁴⁾ Grohol says that research doesn't show much difference between the qualities of therapy outcomes based upon a clinician's degree or training, but it does show that the longer a clinician has been practicing, usually the better client outcomes. This means that experienced therapists will be more likely to help you. Seek out a therapist with specific experience with your issue -- you don't want to be any therapist's first time client for the problem you're grappling with! He also suggests that you should likely avoid seeking help from a psychiatrist only, for almost all mental disorders. Emotional stress can be relieved temporarily through medications (and may be an important adjunct to psychotherapy), but they generally are not used as a "cure." Most people I know want to solve their problems, not put them on hold only for as long as they are taking a medication.

- 📖 What else is important to you?
 - Their voice perhaps?
 - Friendliness?
 - Seem to know what they are talking about?
 - Answer your questions openly without hedging?
 - Interested in what you say and keen to help you?

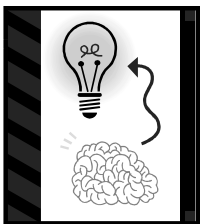


- Listen to the answers and make your decision about whether this therapist may be able to help you or not.
 - If you withhold important information, it makes sense that you are not going to get any real help on that issue. And if you don't get help on your issue, you won't get relief from your emotional feelings about that issue.
 - You must also feel, at some point in therapy, that you do feel relief from your emotional problems.
 - Look for these types of warning signs as reasons to think about choosing another therapist if you are already in therapy, or signs to look out for during your initial few sessions with a new therapist.

■ What type of car do you like?

- Do you like cars that go fast?
- Do you like cars that are Classic or Elegant?
- Do you like Common sense cars – drive efficiently, no frills, airs or graces?
- Do you like to take your time and enjoy or savour the view?
- Cars you feel safe in..
- Not too concerned about the outside – just what's under the bonnet?
 - Choosing a therapist is like choosing a car – really?

■ Test drive your therapist, and go with your thinking and Gut feelings.



- Did you know that it only takes you a few seconds to evaluate a person?
 - Research shows that we make up our mind about a person within the first few seconds of meeting them. Without being aware of it, we notice things about them. But first impressions can be wrong based on your prejudices or ideas.
- Did you know that your subconscious mind makes up your mind for you up to 10 seconds before you think you consciously do?
 - (1) Research shows this. While inside a brain scanner, students watched random letters stream across a screen. Whenever they felt the urge, they pressed a button with their right hand or a button with their left hand. Then they marked down the letter that had been on the screen in the instant they had decided to press the button. Researchers identified signals that let them know when the students had decided to move – and this was 10 seconds or so before the students knew themselves. About 70% of the time, the researchers could also predict which button the students would push.

- Did you know that you have a brain in your Gut? And that Gut-Brain stores its own information and emotions and feelings based on that information?

📖 ⁽²⁾ In 1917, German scientist Paul Trendelenburg huddled over a test tube in his three-story laboratory, prodding a small section of tissue submerged in the body's natural juices. Forced to stay home from the war because of tuberculosis, this budding pharmacologist poured his energies into designing the experiment that would prove what his scientific forefathers had suspected for years. Embedded within the wall of the gut, he would show, was a self-contained, self-regulating nervous system that could function on its own, without the help of the brain or the spinal cord. The gut, in short, had a mind of its own. It contains a complex circuitry that enables it to act independently, learn, remember and, as the saying goes, produce gut feelings. So it makes sense to go with your Gut feelings as to whether you will feel comfortable and safe with a particular therapist.


📖 What are your rights?

- So now you have gone with your '2-Brain's' to decide on a suitable therapist for you. What are your rights in therapy?

📖 In NSW, all 'Unregistered' therapists now come under the Health Department and have to abide by the same set of rules as do 'Registered' therapists. But any therapist that belongs to a National Association would already be practising under what is known by either the name 'Code of Conduct' or 'Ethics'. The basics are -

- ⁽³⁾ A Health practitioner must provide health services in a safe and ethical manner.
- A health practitioner who has been diagnosed with a medical condition that can be passed on to clients must ensure that he or she practises in a manner that does not put clients at risk.
- Health practitioners are not to make claims to cure certain serious illnesses.
- Health practitioners to adopt standard precautions for infection control.
- A health practitioner must have appropriate conduct in relation to treatment advice – must not attempt to dissuade clients from seeking or continuing with treatment by a registered medical practitioner.
- A health practitioner must not practice while suffering from a physical or mental impairment, disability, condition or disorder (including an addiction to alcohol or drugs that may detrimentally affect, his or her ability to practice or places clients at risk of harm.
- Health practitioners not to financially exploit clients.
- Health practitioners required to have clinical basis for treatments.
- Health practitioners not to engage in sexual or improper personal relationship with client.

- Health practitioners to comply with relevant privacy laws.
 - Health practitioners to keep appropriate records.
 - Health practitioners to keep appropriate insurance.
- In New South Wales, Australia, unregistered health practitioners have a requirement to display the Health Departments Code of Conduct and make their clients aware that it exists.

 What if my therapist has acted or conducted him or herself in an unprofessional or unethical manner?

- If your therapist has done something harmfully wrong to you during therapy what can you do?
 - In the first instance, you might like to contact the Association they belong to. A National Association would have a complaints procedure in place to deal with this for you. If you are not happy with how this is being handled you are able to contact the Health Care Complaints Commission who will look into your claims.
 - If however the nature of the misconduct is serious, you might like to contact both the Department of Police and the Health Care Complaints Commission who will look into your claims.
- In New South Wales, Australia, unregistered health practitioners have a requirement to display the Health Care Complaints Commission details and make their clients aware that this exists.
- You are able to obtain more information yourself by going to the NSW Government Department of Health:
<http://www.health.nsw.gov.au/aboutus/legal/amendreg2008.asp>

 Should you help find a Therapist for someone else?

- I would not recommend it – I believe that it shows a lack of commitment from the person coming to therapy.



- An exception might be a wife for her husband who has asked her to look for someone. But you should know them specifically well enough to know they type of person they could relate to. Note* It has to be them that want the therapy, not you deciding they need therapy.
- Another exception would be for your child. You may be the best person to decide for them. However, if after the first session your child was unhappy with their therapist – look for another.

- You should enquire at the time of booking if you wish to remain in the room whilst your child is undergoing therapy.
 - Some therapists feel that the child might withhold important information that (s)he doesn't want his parent to know, but which could be helpful in helping the child solve his problem.
 - I always ask the child – once, when both parent and child come in to the room to see me, and then again, after a while when (s)he has got to know me a bit better. (I always set this up with the parent at the time of making the booking.)

Conclusion.

- The Start or the End?
 - Sometimes our emotional problems may get in the way and prevent us from making the right choices. Give your therapist a couple of sessions before throwing them on the scrap heap. You may be surprised and find you are feeling better despite that (s)he reminds you of your growling neighbour's dog next door.



References:

- ⁽¹⁾Max-Planck-Gesellschaft (2008, April 15). Decision-making May Be Surprisingly Unconscious Activity. ScienceDaily. Retried July 23,2008,from <http://www.sciencedaily.com/releases/2008/04/080414145705.htm>
- ⁽²⁾Notes taken from, Patient Heal Thyself by Jordan S. Rubin, NMD, CNC. Taken with permission from: <http://altmedangel.com/gutbrain.htm>
- ⁽³⁾ The Code of Conduct is prescribed by the Public Health (General) Regulation 2002.
- ⁽⁴⁾ Grohol, John M. (1995, June17, last updated; 2004, July28). How to Choose a Therapist and other frequently asked questions answered about starting your Psychotherapy from <http://psychcentral.com/therapist.htm>

Disclaimer:

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The information contained in this article is strictly for educational purposes. Therefore may I remind you of the words of Buddah; "Believe nothing, no matter where you read it or who has said it, not even if I have said it, unless it agrees with your own reason and your own common sense."

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