

Grand Blanc Therapy 810-659-7242

Potential Benefits and Risks of Therapy

Before giving your consent for mental health services (e.g., counseling, therapy, couple therapy), it is important that you are informed of possible risks and benefits of treatment.

Potential Benefits: While no one can guarantee or promise a specific outcome, there are a number of potential benefits that can result from short-term and long-term therapy. The benefits usually depend on the specific issues (e.g. presenting problem) or difficulties that you - the client hope to address. The benefits are also dependent on the goals that are set during therapy and the amount of time and degree of follow through with treatment that you the client are bringing to the treatment. Following is a list of some common benefits clients derive from therapy, not all benefits may apply to you at this time. This is not a comprehensive list.

Commonly Identified Benefits of Therapy:

- Improvement in your general mood
- Increased self-esteem and confidence
- Increased ability to set realistic goals and accomplish them
- Increased ability to manage stressful life circumstances
- Increased intimacy with self and others
- Increase in feelings of connection
- Increased ability to manage strong emotional reactions such as anger, fear, sadness
- Increased ability to trust, feel close to, and communicate your feelings, thoughts, and needs to others
- Increased ability to stop behaviors that are not serving you well and start engaging in healthier behaviors

Potential Risks: Like any healthcare service, there are also potential risks associated with therapy. The following is not a comprehensive list and not all of these risks apply to every client's situation. Special circumstances may be associated with specific, unique risks.

Examples of Potential Risks of Therapy:

- You may not experience improvement or movement toward achieving your goals. If progress is not being made, you or I may decide to change your treatment, discontinue treatment, or refer you to a different type of therapist, specialist, or program.
- In the beginning of treatment, some feelings or behaviors may get worse. For example, if you talk about a very upsetting life event you may experience strong negative thoughts and feelings or a belief that things will never get better. The intensity of these thoughts and feelings is usually temporary. Discussing these with me is often an important part of therapy and I will help you identify ways of handling them.
- Important people in your life may not support your decision to be in therapy. If you are concerned about others' reactions, tell me. We can discuss how and to whom you wish to disclose that you are in therapy. I am also a marriage and family therapist and can work with family members in therapy sessions, should you so choose.

You are strongly encouraged to discuss any fears, concerns, or doubts you have with me, including specific risks and benefits not listed on this page.