



# SIGMA CENTRUM COUNSELING

## FAQ about Attending Psychotherapy

### **What is psychotherapy?**

Psychotherapy, also known as talk therapy, is a form of treatment that helps people with mental health problems and emotional difficulties.

### **What happens during a psychotherapy session?**

During a psychotherapy session, you will talk to a therapist about your thoughts, feelings, and behaviors. The therapist will help you to understand your problems and develop coping mechanisms.

### **How long does psychotherapy last?**

The length of psychotherapy varies depending on the individual and the nature of their problems. Some people may only need a few sessions, while others may need to attend therapy for a longer period of time.

### **What are the benefits of psychotherapy?**

Psychotherapy can help people to:

- Improve their mental health
- Manage their emotions
- Resolve conflicts
- Develop healthier relationships
- Cope with stress
- Increase their self-esteem
- Achieve their goals

### **What should I look for in a psychotherapist?**

When looking for a psychotherapist, you should consider the following factors:



## **SIGMA CENTRUM COUNSELING**

- Their experience and qualifications
- Their approach to therapy
- Their fee
- Their location and availability

### **Is psychotherapy confidential?**

Yes, psychotherapy is confidential. Anything you discuss with your therapist will be kept strictly confidential, except in cases where there is a risk of harm to yourself or others.

### **How much does psychotherapy cost?**

The cost of psychotherapy varies depending on the therapist, the location, and the type of therapy. Some therapists offer sliding scale fees based on income.

### **Does insurance cover psychotherapy?**

Some insurance plans cover psychotherapy. You should contact your insurance company to find out if your plan covers psychotherapy.