

What to Expect in Psychotherapy with Kate

To get ready for your upcoming session, I have read through your form and if you want you can email me before your session

- 1) what you want in general out of your therapy process like, for example, help with your career and your confidence and
- 2) what you would like specifically out of the upcoming session.

Although I won't read emails in between sessions with people's processing in them, I am happy to let you set the agenda for each session and get your agenda email beforehand. If on the other hand you want me to lead, I can happily do that too.

These are your sessions, and I can adapt to whatever style suits you best and we can explore together what that is for you. All I care about is that you get something helpful out of each session and your needs are met. How we do it is custom to each client. Talking about the preferences and style is also a learning about boundaries, expression, and being met in the world.

Most individual sessions are about confirming, checking, exploring, or healing something; getting feedback; filling in a skill gap with learning; work shopping a new behaviour or approach so you get a feel for it; a chance to ask any questions (they are ALL good questions), and a chance to practice or try out new behaviours or attitudes with me before bringing them out socially or professionally. Think of this process as your own personal school/ lab/ workshop to clear the old, create the new, learn, heal, and try things out.

Unlike a reading, I will ask you more questions, listen more, suggest more, and sometimes we will do exercises if you like them, and I can assign homework (don't worry- I never check! it's just to get more out of your sessions) for each session.

I recommend the following:

- pen and paper or laptop etc.
- audio recording device
- kleenex
- water

Make sure:

- you went the bathroom first
- your phone is fully charged (if you're recording an hour session on it)
- you won't be interrupted or distracted

See also:

- ➔ "Intake Form" doc
- ➔ "A-Z Guide to Appts with Kate" doc
- ➔ <http://www.katherineopashinov.com/policies>