

# Your Journey to Healing

A Roadmap from Your First Session to Lasting Growth



*Therapy has a rhythm. Understanding the stages helps you know what to expect - and stay the course.*

## Connect & Understand

Sessions 1-4

**1** Your therapist's first priority is to truly hear your story. You'll share what brought you in, what you're hoping to change, and we'll openly check whether this feels like a good fit. There are no wrong answers - just honest conversation.

*Goal: Feel seen, safe, and ready to continue.*

## Build Your Roadmap

Sessions 2-5

**2** Together, you and your therapist will set clear, meaningful goals for your time in therapy. You'll agree on how often to meet (usually weekly to start) and establish a rhythm that supports steady progress. Your plan belongs to you.

*Goal: Leave with clear goals, a plan, and hope.*

## Doing the Deep Work

Sessions 4-8+

**3** This is where real change happens. Your therapist will introduce evidence-based tools tailored to your goals. Difficult emotions may surface – and that's a sign it's working. We'll check in regularly to make sure the approach is right for you.

*Goal: Experience real, meaningful change.*

## Making It Stick

Sessions 9-11

**4** As you grow stronger, sessions gradually space out - biweekly, then monthly. This is a sign of progress. You'll practice applying your new skills independently, and may receive a written summary of your growth to keep and reference anytime.

*Goal: Build independence with lasting new habits.*

## Celebrate & Launch

Sessions 12+

**5** Your final session is a milestone worth celebrating. You'll review how far you've come, consolidate what you've learned, and step forward with confidence. The door is always open - you're welcome back for a check-in session anytime.

*Goal: Step forward knowing the work has changed you.*

### What If Life Gets in the Way?

**Relocating?** We'll connect you to a trusted provider near you.

**Need a break?** Pause and return anytime. No judgment, ever.

**Financial changes?** Talk to your therapist - we have flexible options.

**Limited time?** We can design a focused, time-sensitive plan.

*You are not alone. Healing is not a straight line - but every step forward matters.*