

**healthline**

# Getting Started with Therapy

Sian Ferguson





**healthline**

# Getting Started with Therapy

Sian Ferguson

[Privacy Policy](#) | [Terms of Use](#)

© 2019 Healthline Media. All rights reserved.

*This guide does not provide personal health or medical advice and is not intended to diagnose or treat any medical condition. Information provided here is for informational purposes only. Please always consult your doctor before making or changing any health or medical decisions or plans.*

*In case of an emergency, call 911. [Read more.](#)*

*This e-book was medically reviewed by  
Timothy J. Legg, PhD, PsyD.*

*We'd love to hear your thoughts.*

*Please send feedback to [e-books@healthline.com](mailto:e-books@healthline.com).*

# Contents

- Introduction ..... 1
- How to find the right therapist ..... 3
  - Types of therapists ..... 4
  - Specialties ..... 7
  - Types of therapy ..... 8
  - Where to look ..... 12
  - Figuring out what’s important to you ..... 14
  - Questions to ask potential therapists ..... 16
- What to expect out of your first session ..... 18
  - Session length and logistics ..... 18
  - Confidentiality ..... 19
  - How to figure out what to talk about ..... 20
  - After your session ..... 21
- How to get the most out of therapy ..... 22
  - How often should you go,  
and how will you know when to stop? ..... 24
- How to pay for therapy ..... 25
- Resources ..... 26
- References ..... 28
- About the author ..... 30

# Introduction

Therapy is a broad term that refers to anything meant to heal or remedy a health problem. But a lot of times when people talk about therapy, they're referring to psychotherapy, which is specifically meant to address mental health difficulties. Psychotherapy is also known as talk therapy, which is what we mean when we use the word "therapy" in this e-book.

Going to therapy is like seeing a dentist: Even if you don't think something's wrong, it's a great idea to go every so often. Just as you'd have a yearly dental appointment to check on and maintain your oral health, you can see a therapist to maintain your mental health. It can improve your resilience, increase your self-awareness, and help you become more emotionally mature.

Therapists can also help you cope with a variety of symptoms and events related to your mental and emotional well-being, including:

- loss or trauma
- difficulty sleeping, concentrating, or working
- symptoms of depression, an anxiety disorder, or another mental health condition

- issues you may be having related to an illness or disability
- relationship problems, whether those relationships are romantic, platonic, or familial
- difficulties with self-esteem and self-worth
- bullying, abuse, or discrimination

The thought of going to therapy can be a little intimidating, especially if you've never had a therapist before. You might have lots of questions on how to get started.

This e-book will help ease any fears you have, as well as provide you with all the information you need to get started.

# How to find the right therapist

In order to get the most out of therapy, you need a good therapist. The therapist you choose should be qualified to provide the type of therapy you're looking for, and they should also gel with your personality.

When choosing a therapist, consider:

- what [type of therapist](#) they are
- who they treat, such as what age group
- what they treat, such as which mental illnesses, crises, and symptoms they have experience in treating
- how they treat it, such as the type of therapy they provide and the approach they take

# Types of therapists

Therapists are the same as counselors and psychologists, right? Not exactly.

There are many different types of therapists, including psychologists, psychiatrists, counselors, and social workers, all with their own unique qualifications. No matter what degrees they hold, they need to have a license to provide therapy or counseling in your state or country.

Here's a little bit about different types of therapists and what they each do. Keep in mind that this information applies to the United States, and the law on practicing therapy and the necessary qualifications differ from country to country.

## ***Psychologist***

Psychologists have graduate degrees in psychology. They might have an MA, PhD, PsyD, or EdD. Some psychologists can prescribe medication in certain states. If you need medication and you happen to visit a psychologist who can't prescribe it, they can always refer you to a provider who can.

## ***Psychiatrist***

A psychiatrist is a medical doctor with specialist training in mental health issues. They have an MD or DO. Psychiatrists are qualified to diagnose and treat mental illnesses, and they can prescribe medication for mental health issues.



### ***Psychiatric mental health nurse practitioner (PMHNP-BC)***

A PMHNP-BC is a nurse who's trained to provide mental health services. They can diagnose mental illnesses, give therapy, and prescribe medications.

### ***Licensed clinical social worker (LCSW)***

Licensed clinical social workers have a graduate degree in social work and clinical experience in mental healthcare. They can provide therapy, but they can't prescribe medication. Social workers typically focus on connecting their clients with the community resources they may need.

### ***Licensed professional clinical counselor (LPCC), licensed professional counselor (LPC), or licensed mental health counselor (LMHC)***

These licensing titles vary from state to state, but in general, these counselors have similar functions. As counselors, they focus on the mental health needs of an individual. They might help someone who has a mental illness, or someone who's going through a personal crisis. They can also perform group therapy.

### ***Licensed marriage and family therapist (LMFT)***

As the name suggests, licensed marriage and family therapists focus on marital and family issues, covering premarital, separation, divorce, and childhood counseling. They might do family counseling sessions or couple's counseling.

Feeling overwhelmed by all these abbreviations? That's understandable. If you're not sure whether a particular therapist will be able to meet your needs, you can call their practice and ask what type of therapy they provide and whether they'll be able to help you with your specific situation.



Type of therapist	How can they help you?	Can they prescribe medication?
Psychologist	<ul style="list-style-type: none"><li>• provide talk therapy</li><li>• diagnose mental illnesses</li></ul>	In certain states
Psychologist	<ul style="list-style-type: none"><li>• provide talk therapy</li><li>• diagnose mental illnesses</li></ul>	Yes
LCSW	<ul style="list-style-type: none"><li>• provide talk therapy</li><li>• connect you with community resources</li><li>• advocate for you</li></ul>	No
LPCC, LPC, or LMHC	<ul style="list-style-type: none"><li>• provide talk therapy for individuals and groups</li></ul>	No
LMFT	<ul style="list-style-type: none"><li>• focus on talk therapy for families or couples, but can counsel individuals too</li></ul>	No
PMHNP-BC	<ul style="list-style-type: none"><li>• provide talk therapy</li><li>• diagnose mental illnesses</li></ul>	Yes

## Specialties

Therapists have different specialties. They might focus on treating patients in certain age groups — for instance, children, adolescents, adults, or older adults specifically.

They might also focus on treating specific mental illnesses and crises. For example, one therapist might focus on grief counseling, another might focus on PTSD and trauma, and another might focus on personality disorders.

A therapist's specialties depend on their own interests as well as their experience and training. Their website and social media, if they have it, will often explicitly state their specialties. However, if you're looking for someone with a particular specialty, it's a good idea to ask in advance whether they're experienced in that area.



## Types of therapy

Just as there are different types of therapists, there are also different types of therapy. These stem from different psychological approaches or schools of thought, and every therapist adopts one or more of these approaches. What type of therapy a therapist practices will guide what you talk about, the tools and skills they teach you, and the goals of your treatment.

Here are a few of the most common types of therapy.

### ***Acceptance and commitment therapy (ACT)***

With ACT, your therapist will help you accept your emotions, rather than suppress them, and move forward with your life in a healthy way. ACT also helps you connect with your personal values and commit to self-improvement in order to serve those values.

It's generally used to treat [stress](#), [anxiety](#), substance use disorders, [depression](#), and [obsessive-compulsive disorder \(OCD\)](#), but it can be used for other conditions as well.

## ***Art therapy***

Art therapy involves getting creative and expressing yourself through painting, drawing, collage, and other art forms. An art therapist will help you examine your art for emotional undertones by looking at any themes, motifs, and metaphors that come up.

Art therapy is often used to help people cope with self-esteem issues, grief, and stress, as well as the symptoms of anxiety and depression. It's appropriate for people of all ages, and you don't need to have any artistic talent to do it.

## ***Cognitive behavioral therapy (CBT)***

CBT is a common form of short-term psychotherapy. It's based on the idea that your perception of a situation can greatly affect the way you react to it. The goal of CBT is to help you have healthy, constructive responses to difficult situations — and it does this by helping you change your thought patterns.

This type of therapy is often based on a current situation or issue — meaning you'll spend most of your time talking about your feelings and thoughts on the difficulties you're going through, and less about any past traumas. You might be given homework where you put your newly learned skills and coping techniques into action.

CBT can help people of all ages with a variety of issues or mental illnesses.

## ***Dialectical behavior therapy (DBT)***

DBT focuses on helping people manage their own difficult emotions and on reducing conflict in relationships, ultimately changing negative emotional and behavioral patterns. DBT can involve both individual therapy and



group therapy. In DBT, you might be given homework, such as mindfulness exercises and journaling.

DBT is often used to treat borderline personality disorder (BPD) and substance use disorder. It's also been used to treat depression, eating disorders, bipolar disorder, and PTSD.

### ***Eye movement desensitization and reprocessing therapy (EMDR)***

EMDR is often used to treat trauma. The idea is that it helps you process your trauma and become less sensitive to it so that you're able to manage your feelings around the painful event.

With EMDR, your therapist will hold a pencil or finger in front of you and ask you to follow it back and forth with your eyes. They might also tap your knees or get you to watch a pendulum swing back and forth. While you do this, you recall certain aspects of the traumatic experience.

### ***Family therapy***

Family therapy focuses on the individuals within a family as well as the relationships between them. The therapist generally meets with the whole family, but if necessary, they may have one-on-one sessions with certain family members.

Family therapy aims to improve communication and conflict resolution, as well as teach family members healthy coping mechanisms. It's helpful for families who are dealing with substance use disorders, grief and trauma, and stress.

### ***Marital or couples counseling***

Marital or couples counselors focus on helping couples work through relationship issues. They might help the couple learn to communicate better, teach them emotional regulation skills, and help them break away from poor communication patterns.

This form of counseling could include premarital counseling, counseling during a separation, divorce counseling, and more. You don't have to be married or engaged to get couples counseling.

### ***Mindfulness-based cognitive therapy (MBCT)***

With MBCT, your therapist will teach you to use mindfulness techniques, such as meditation and breathing exercises, to break away from negative thought patterns that might be contributing to depression or anxiety.

### ***Psychodynamic therapy***

[Psychodynamic therapy](#) is a lot less structured than most forms of psychotherapy. In psychodynamic therapy, you simply talk freely to your therapist about whatever is on your mind. This helps you and your therapist pick up on thought and behavioral patterns. Psychodynamic therapy can be short or long term.

### ***Substance misuse counseling***

As the name suggests, substance misuse counseling involves counseling people who have addictions or substance use disorders. Substance misuse counselors might also administer family or marital counseling if necessary.



## Where to look

Finding a therapist can be pretty tricky if you're not sure where to start.

Fortunately, there are a few different ways to find the right therapist for you. For example, you can:

- Ask your insurance company for a list of therapists they cover near you, if you have mental health benefits as part of your plan.
- Ask your primary care physician to refer you to a therapist.
- Ask a friend to recommend a therapist.
- Ask a local mental health organization or support group for suggestions.
- Check an online directory, such as the one on Psychology Today (see [Resources](#)).
- Look at online therapy sites like BetterHelp or Talkspace, which can match you with a therapist.

Of course, Google is also a helpful place to look for a therapist! If you're not sure what to type in, try searching for “therapist [your area] [what you're looking for help with].”

***Examples:***

- therapist portland obsessive-compulsive disorder
- therapist oakland grief counseling
- therapist jacksonville eating disorder

While it's great that there are lots of places to look, getting a bunch of recommendations can be overwhelming. It could be helpful to make a short list of a few therapists that seem like viable options.

From there, you can narrow it down and find a few that you're really interested in seeing. To help narrow your list, start by deciding what's important to you.



## Figuring out what's important to you

Imagine your dream therapist. It can be helpful to think about your answers to questions like:

- How do you picture your sessions going? Would you prefer they be structured or unstructured?
- What kind of personality would you feel most comfortable with? Would they be calm and quiet, or bubbly?
- Would they come from the same religious and cultural background as you?
- Would they be the same gender?
- Would they have experience treating LGBTQIA+ clients?
- Would they be the same race as you?
- Would they specialize in a particular issue or mental illness? If so, what?
- Are there any qualities that would be a deal breaker for you? Anything that you know would or wouldn't make a therapist a good fit?
- Is it important that their office is close to where you live or work? If driving isn't an option for you, can you take public transport or find another way to get there?

- If you use a wheelchair or mobility device, is their practice accessible for you?
- Is the practice open at a convenient time, or is it only open during the hours you work?
- Do you need a therapist that takes your insurance, if you have insurance? How much can you afford to pay? Would you need a therapist that offers a rebate or sliding-scale pricing?

Use your answers to these questions to start narrowing down your list. Which characteristics and traits are the most important to you? What stands out about your dream therapist? Write down three or four of the most important characteristics, and start there.

For example, let's say you identify as a queer woman. You might picture your dream therapist as a woman who also self-identifies as queer. Later, you might decide that it's more important to you that the therapist self-identifies as queer, and that you're not too picky about gender.

It's important to remember that you don't have to stick with one therapist forever. If you decide you don't like your therapist, or if you feel that they're not meeting your needs, you can always try someone else. Feel free to shop around!

## Questions to ask potential therapists

Choosing a therapist can be difficult. Keep in mind, though, that you're in the driver's seat. You're free to ask as many questions as you need to make a decision.

If the therapist's website is up-to-date, you may be able to answer some of your questions by looking online, but it can be good to chat in person or on the phone, too. Lots of therapists will offer a free introductory phone call before you make your first appointment. This is quick — usually around 15 minutes — but it can be a good time to ask questions and figure out if you want to move forward.

Some general questions you might want to ask include:

- What is your approach to therapy? What type of therapy do you provide?
- What mental illnesses, crises, and issues do you usually treat?
- Are you able to diagnose mental illnesses?
- Are you able to prescribe medication?

*Note that you don't always need medication if you have a mental health issue, and your therapist can refer you to a psychiatrist or psychiatric mental health nurse practitioner if they think you might need medication.*



- How long do your sessions last?
- Do you take my insurance?
- What is your pricing policy? Do you have a sliding-scale policy?

You might also want to ask about accommodating your specific needs. You can ask things like:

- How accessible is your practice? Could you accommodate my mobility device?
- What is your cultural or religious background?  
*You might want a therapist who shares your culture or religion so that you don't have to explain specific nuances to them.*
- Do you treat gay/pansexual/transgender clients? Do you have experience treating us?  
*For example, a therapist that isn't knowledgeable about trans people might not be able to treat transgender clients, even if they're well intended.*
- Do you have experience treating [my mental illness]?  
*This is especially important if you have a less common mental illness, like a personality disorder.*

# What to expect out of your first session

You found a therapist and booked an appointment — yay!

At this point, you might be a bit nervous. If you're not used to talking about yourself, or if you're feeling shy or anxious, it can be tough to figure out what to talk about or where to start.

This section has tips and information to help ease your mind. It's also a good idea to come to your appointment a few minutes early. This will give you time if you need to fill out an intake form with your personal details and contact information.

## Session length and logistics

Although movies often show a client lying down on a couch while talking to a therapist, this is rarely the case in real life. It's much more likely that you'll be sitting across from your therapist on a couch or in a comfortable chair.

Session lengths vary, but on average, they're about 45 minutes to an hour. Don't worry about keeping an eye on the clock, though. The therapist will keep track of time so you're free to focus on other things.

## Confidentiality

During your first session, your therapist will probably explain that they'll keep your sessions confidential unless you indicate that you're going to harm yourself or someone else. In that case, they're obligated to share certain details with law enforcement and people who may be considered in danger.

In some states, they're also required to report ongoing domestic violence, child abuse or neglect, elder abuse, and abuse of people with disabilities. Otherwise, they won't share what you talk about with anyone else. If you have any questions about their confidentiality policy, feel free to ask them.

## How to figure out what to talk about

Many therapists will guide you through the first session and ask you questions. However, you'll have the opportunity to bring up whatever it is you'd like to talk about. If you're worried you might forget something, you might want to write down some talking points. This can also be helpful to ease any nervousness.



During your first session, a great place to start is by talking about why you're attending therapy. Do you want to address the loss of a loved one, a childhood trauma, or a recent experience? Do you want to talk about your relationships, stress from work, or financial strain? Are you battling with a sleep disorder or another symptom of mental illness? Did a loved one suggest you go to therapy?

If you simply want to attend therapy to improve your self-awareness and emotional maturity, say so! Whatever it is that made you decide to come to therapy, talk about it.

You can also talk about how you feel about going to therapy. Nervous? Anxious? Skeptical? Excited? If it's your first time seeing a therapist, let them know.

In your first session, your therapist may also ask about different details of your life, like your:

- medical history, including your history with mental healthcare
- family
- living situation
- line of work, studies, or schooling
- friends
- current romantic partner(s) and past partner(s), if you have any
- hobbies, passions, or interests

Remember, if your therapist asks you about something you're not ready to discuss, you can tell them that you're not comfortable talking about it.

## After your session

Don't expect to feel fixed or better after your first session. In fact, some sessions might leave you feeling upset and drained — it's not always easy telling a stranger about all the difficulties you've been dealing with. If that's the case, feel free to treat yourself to a small reward that will make you feel good, such as a nice walk outside, a delicious snack, or an afternoon off work.

Therapy is a lot like exercise. It's difficult when you're doing it, and it can tire you out. It also doesn't give you immediate, noticeable results. But when you consistently go to a good therapist, it should eventually affect your life in a positive way.

# How to get the most out of therapy

The success of your therapy sessions doesn't just depend on your therapist — it also depends largely on you. Here are some tips for how to get the most out of your sessions.

- **Show up.** If you feel like your healing is stagnating, or if it's emotionally draining, you might be tempted to skip therapy sometimes. But keep in mind that consistency is key. Go as often as you can, and cancel in advance if you have to skip an appointment for any reason.
- **Be honest.** If you don't want to discuss something, let your therapist know you're not ready to talk about it — that's totally OK! But vulnerability and transparency will help your therapist help you. Be sure to be honest about:
  - your medical and mental health history
  - past events that were traumatic or upsetting
  - your feelings and behavior



- **Be open.** While your therapist won't tell you what life decisions to make, they may encourage you to try certain approaches and problem-solving tools. Give these suggestions a go. For example, they might recommend you try:
  - meditating, mindfulness, and visualization
  - journaling, which could include free-form writing, writing based on prompts, or simply recording your feelings and symptoms
  - taking up a creative hobby, like painting or gardening
  - exercising
  - breathing exercises or grounding techniques

They might also encourage you to make certain lifestyle changes. For example, if you're overworked, they might suggest you cut back on work. If you're having difficulty communicating with your partner, they might give you some talking points or communication exercises. If you have panic attacks, they might teach you coping techniques and breathing exercises.

If, for any reason, you can't carry out their suggestions or tried them but feel like they're not working, let them know. For example, if you dislike exercise or if meditating is tough for you, tell them. The point isn't for them to dictate what you should do, but for them to guide you toward making better choices. Together, you can brainstorm and come up with solutions and exercises to help you improve your use of healthy coping mechanisms.

## How often should you go, and how will you know when to stop?

Sessions are usually weekly, but if your therapist feels it necessary, they might suggest coming more often or less often.

It's hard to say how often you should go to therapy or when you should stop therapy. Sometimes therapy is intended to be short term. Short-term therapy often focuses on dealing with one specific issue, such as a recent death of a loved one or stress during an exam period. You might commit to about six to 12 sessions. After that, you and your therapist can discuss whether you think you should return for more sessions.

For instance, if your sessions have brought up some deeper issues that you're struggling to cope with, you and your therapist might decide to schedule you for a few more sessions.

At other times, therapy is more long term. This is especially the case for people with diagnosed mental illnesses and people who've experienced multiple crises or traumatic events. In this case, it's more difficult to say when therapy will end.

In general, therapy is meant to help you reach the goal of feeling and functioning better. If you feel like you're coping well and feeling better, then you might not need therapy. However, the question of whether you should discontinue therapy is very personal, as it depends on your own circumstances. It's important to think it through and discuss it with your therapist before making a decision.

# How to pay for therapy

If you don't have insurance, and if your funds are limited, there are a few ways you can [decrease the cost of therapy](#). Here's what you need to know:

- Online therapy can be cheaper than in-person therapy, depending on the package you choose.
- Some practices will give you a discount if you pay in cash up front.
- Some practices offer a sliding-scale payment plan, where the fee is based on your monthly income.
- Depending on where you live, the state might provide free or discounted mental healthcare. Contact your state government for more information.
- Some local organizations might offer low-cost or free counseling.

If you have a health insurance plan and you'd like to get a therapist, be sure to check:

- whether your insurance covers therapy
- which therapists they cover, since the therapist you want to see might not be in their network, and how having an out-of-network therapist might affect how much you pay
- how many sessions they'll cover per year
- if there's a copay, how much you should expect to pay
- how to get reimbursed if you have to pay up front, and how much the reimbursement will be



# Resources

If you want to learn more about therapy and mental health, or if you need some more help, here are a few useful resources.

## Finding a therapist

The Anxiety and Depression Association of America has a [Find a Therapist directory](#) that covers the United States.

[Find a Psychologist](#) has a useful directory and toolkit. It covers the United States.

[Psychology Today](#) has a free database where you can search for a therapist. The database includes therapists located in 15 different countries.

## Useful websites

The following associations and organizations have useful information on their websites:

- [Anxiety and Depression Association of America](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [National Institute of Mental Health](#)

## Crisis hotlines

If you're in an immediate crisis and would like to speak to someone, call a crisis hotline.

Both the [International Bipolar Foundation](#) and [Suicide Stop](#) have compiled lists of international suicide and mental health crises hotline numbers, so take a look at their lists.

If you're in the United States, there are a few different options for you:

- [National Suicide Prevention Lifeline](#): Call 1-800-273-TALK (8255); en español 1-888-628-9454; if you're deaf or hard of hearing, contact them via TTY at 1-800-799-4889.
- [Crisis Text Line](#): Text "HELLO" to 741741.
- [Veterans Crisis Line](#): Call 1-800-273-TALK (8255) and press 1 or text 838255.

# References

- About marriage and family therapists. (n.d.). [https://www.aamft.org/About\\_AAMFT/About\\_Marriage\\_and\\_Family\\_Therapists.aspx](https://www.aamft.org/About_AAMFT/About_Marriage_and_Family_Therapists.aspx)
- About psychoanalysis. (n.d.). [apsa.org/content/about-psychoanalysis](https://www.apsa.org/content/about-psychoanalysis)
- Canadian Mental Health Association, BC Division. (2015). What's the difference between CBT and DBT? [heretohelp.bc.ca/ask-us/whats-the-difference-between-cbt-and-dbt](https://www.heretohelp.bc.ca/ask-us/whats-the-difference-between-cbt-and-dbt)
- Different approaches to psychotherapy. (n.d.). [apa.org/topics/therapy/psychotherapy-approaches.aspx](https://www.apa.org/topics/therapy/psychotherapy-approaches.aspx)
- Hofmann SG, et al. (2012). The efficacy of cognitive behavioral therapy: A review of meta-analyses. DOI: [10.1007/s10608-012-9476-1](https://doi.org/10.1007/s10608-012-9476-1)
- Mayo Clinic Staff. (2016). Psychotherapy. <https://www.mayoclinic.org/tests-procedures/psychotherapy/about/pac-20384616>
- Mayo Clinic Staff. (2017). Mental health providers: Tips on finding one [mayoclinic.org/diseases-conditions/mental-illness/in-depth/mental-health-providers/art-20045530](https://www.mayoclinic.org/diseases-conditions/mental-illness/in-depth/mental-health-providers/art-20045530)
- Mayo Clinic Staff. (2019). Cognitive behavioral therapy. [mayoclinic.org/tests-procedures/cognitive-behavioral-therapy/about/pac-20384610](https://www.mayoclinic.org/tests-procedures/cognitive-behavioral-therapy/about/pac-20384610)
- Novotney A. (2017). Psychoanalysis vs. psychodynamic

therapy. [apa.org/monitor/2017/12/psychoanalysis-  
psychodynamic.aspx](https://www.apa.org/monitor/2017/12/psychoanalysis-psychodynamic.aspx)

- Psychotherapies. (n.d.) [nimh.nih.gov/health/topics/  
psychotherapies/index.shtml](https://www.nlm.nih.gov/health/topics/psychotherapies/index.shtml)
- Psychotherapy. (n.d.). [nami.org/Learn-More/Treatment/  
Psychotherapy](https://www.nami.org/Learn-More/Treatment/Psychotherapy)
- Rupke SJ, et al. (2006). Cognitive therapy for depression. [aafp.org/afp/2006/0101/p83.html](https://www.aafp.org/afp/2006/0101/p83.html)
- Types of mental health professionals. (2019). [nami.  
org/Learn-More/Treatment/Mental-Health-Care-  
Professionals](https://www.nami.org/Learn-More/Treatment/Mental-Health-Care-Professionals)
- What is art therapy? (n.d.). [arttherapy.org/upload/  
whatisarttherapy.pdf](https://www.arttherapy.org/upload/whatisarttherapy.pdf)
- What is exposure therapy? (n.d.). [apa.org/ptsd-  
guideline/patients-and-families/exposure-therapy.aspx](https://www.apa.org/ptsd-guideline/patients-and-families/exposure-therapy.aspx)



## About the author

Sian Ferguson is a freelance writer and journalist based in Cape Town, South Africa. Her writing covers issues relating to social justice and health. You can reach out to her on [Twitter](#).