



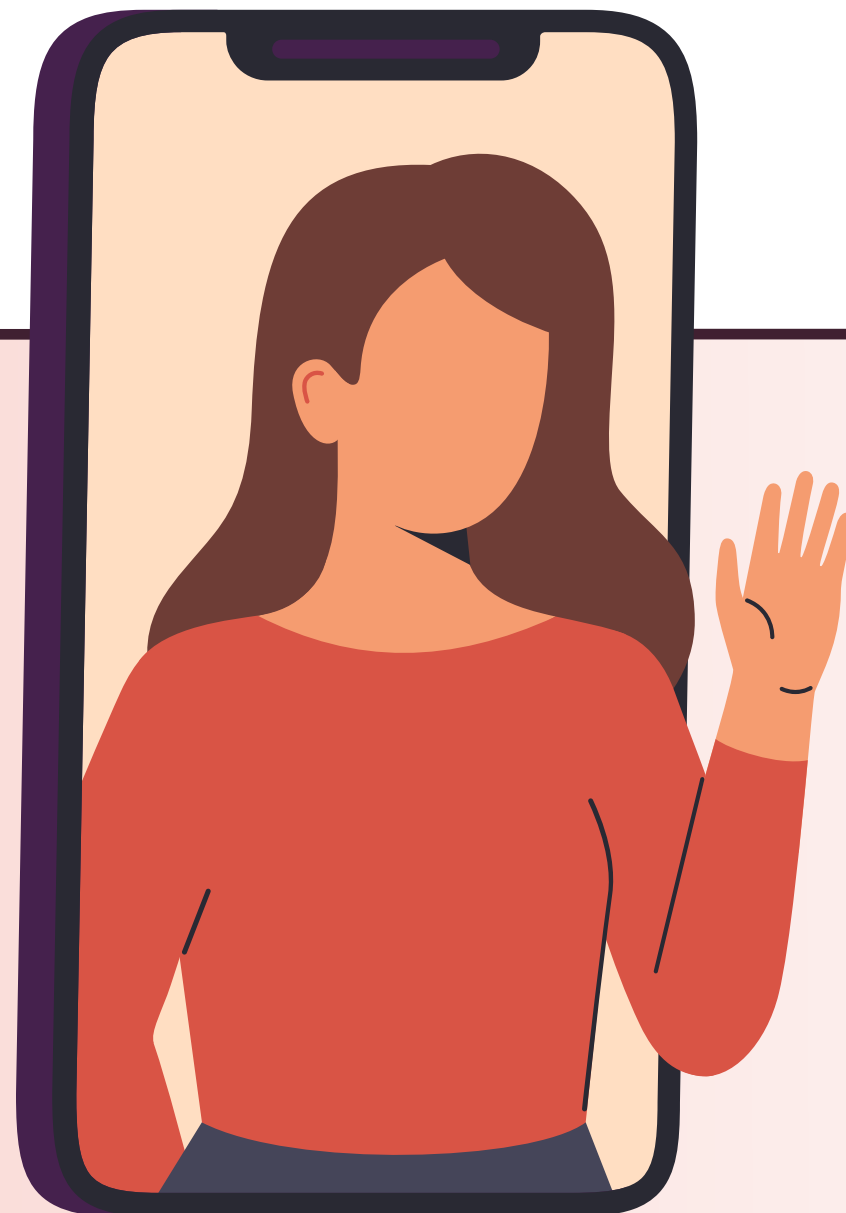
 become  
therapy

# A Guide to Beginning Therapy

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**Welcome, we're so  
glad you found us.**

We wrote this guide to help you  
learn what therapy is, how to tell  
if it's right for you, and how to get  
the most out of your experience.



## What's inside the guide

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|                                      |   |
|--------------------------------------|---|
| What is therapy? .....               | 1 |
| Reasons people seek counselling ...  | 2 |
| What you'll get out of therapy ..... | 3 |
| Myths about therapy .....            | 4 |
| Matching with your therapist .....   | 5 |
| Tips for success in therapy .....    | 6 |
| Become Therapy sessions .....        | 7 |

# What is therapy?

Therapy offers a space to explore thoughts, feelings, and experiences with the help and guidance of a trained professional. Your therapist will work collaboratively with you, using evidence-based tools, to help you heal, navigate difficulties, and grow.

## Why do people go to therapy?

Therapy isn't just for when you're in crisis. No matter why you're seeking help, your reason is valid.

Whether you're facing a major transition, dealing with persistent stress, or simply seeking greater self-understanding, therapy can provide the support and tools you need to thrive.

In the big picture, therapy seeks to reduce suffering and improve our relationships with self, others, and the world.



## Here are some common reasons people seek counselling:

- **Mental health struggles:** Whether it's anxiety, depression, trauma, or addiction—therapy helps us understand what's going on, why it's happening, and how to work with it.
- **Relationship challenges:** Therapy can help you communicate better, set healthy boundaries, and build stronger connections with your partner, children, family, or friends.
- **Big life events and changes:** Therapy provides guidance and stress reduction during grief, breakups, job loss, and parenting. It's also helpful for building new coping strategies for many unique and exciting life changes like getting married, or launching a new business.
- **Self-discovery:** Counselling helps you know yourself better, what you value, how to live more authentically, and feel more alive.

Therapy isn't about fixing you—it's about giving you tools to navigate life's ups and downs with more ease.



# What you'll get out of therapy

Therapy doesn't give you instant answers or magic fixes, but here's what it can do:

Help you feel less alone.



Teach you coping strategies that work.

Give you space to express yourself without worrying about burdening anyone.

Grow spiritually and find more purpose and meaning in life.



Bring a new sense of intimacy and connection to your relationships.

Navigate overwhelming or difficult life events.



Recover from long-term stressors and unhelpful habits.



Help you understand yourself better and grow as a person.



# Myths about therapy

## **“Therapy is only for people with diagnosed mental health problems.”**

Therapy is for anyone who wants support. You may have lost a beloved pet, be experiencing anxiety about climate change, or wish to learn how to set boundaries in a family relationship. If it's important to you, it's worth talking about.

## **“I should be able to handle this on my own.”**

No big pain or hurt should be carried alone. Asking for help isn't a weakness—it's a strength. Everyone needs support sometimes.

## **“If I go to therapy, it means there is something wrong with me.”**

Life throws curveballs at all of us. It doesn't mean something is wrong with you, it means you're human. It's okay to get help.

## **“Talking about my feelings won't help.”**

The research and decades of evidence show that talking about what we feel inside does help. Naming and experiencing our emotions supports us in making better decisions and clarifying how we want to act.

## **“Talking to friends is the same as therapy.”**

Although supportive friendships are important, a professional therapist will listen without judgment or agenda, and help you face the stuff that may be holding you back.



# Matching with your therapist

Finding the right therapist is a big part of why therapy works. When choosing your therapist, consider these factors:

- **Areas of expertise:** Does the therapist specialize in the areas you're seeking help with (e.g., anxiety, relationship issues, trauma)?
- **Therapeutic approach:** Are they trained in a therapy method that you are looking for, i.e., EMDR, couples counselling, CBT, etc.
- **Personal connection:** Look for someone who makes you feel understood, and gets what you're going through. Do you want a therapist who is more formal or one who has a more casual approach? Do you sense a genuine connection and a feeling of trust?

We'll help you find a good fit.



## Tips for success in therapy

Therapy works best when we are honest, open, and willing to engage in the process. That said, there's no pressure to talk about anything that you don't want to talk about.

### **Let your therapist know if something isn't working for you.**

If you feel your sessions aren't meeting your needs, let us know and we'll shift our approach to one that works for you. Factors like who you're working with, therapy method, and the time and frequency of sessions may affect your therapy outcomes.

**Be patient.** Therapy is more effective when we set small, achievable goals and take our time.

**Do your homework.** Sometimes, your therapist will give you things to explore or tasks to complete outside of therapy hours. Your therapy will be more successful if you commit yourself to this work.

**Prepare for each session.** Preparing for your session can ease anxiety and help you make the most of your time.

- Set aside five or ten minutes before the session to clear your mind.
- Jot down what you'd like to talk about.
- Find a private space and make yourself comfy.
- Secure a private space. Online therapy should be as private as in-person therapy.



## How long are Become Therapy sessions?

**Individual sessions:** 50 minutes

**Couples sessions:** 1 or 1.5 hours

**Group sessions:** 1.5 or 2 hours

## How frequently will I meet with my therapist?

You and your therapist will work together to determine an appointment frequency and schedule that works for you.



## Will my therapy be covered?

If you have a health insurance plan, check your plan's coverage for Registered Counselling Therapists (RCT), Registered Social Workers (RSW) or Registered Psychologists (RP). It's your responsibility to confirm which services are covered on your plan. This will help us match you to an appropriate therapist. If you have any questions along the way, please get in touch. We're here to help.

## What are your fees?

Become Therapy fees range between \$160 and \$225 per hour for individual and relational counselling, and \$50 per hour for group therapy.

## In summary

Whether you're just curious about therapy or ready to dive in, remember this: seeking help is brave. Therapy is one way to take care of yourself and live a life that feels more balanced and fulfilling.

## Connect with us!

If you think Become Therapy is right for you, please get in touch. Our friendly staff will set up a short phone consultation to discuss your needs and preferences.

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Get Started



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