

Individual Psychotherapy

Individual psychotherapy is a healing process. It is a process that allows us to understand why we think the way we do, why we behave the way we do, why we make the decisions we do, why we choose the relationships we do, why we repeat the patterns we do, and what we need to do to make changes in our lives.

Individual psychotherapy involves the examination of our emotions, thoughts, relationships, and perspectives. Self-examination provides an opportunity for us to understand the impact of past relationships and experiences on our current lives, which in turn allows us to free ourselves from them so that we can move forward in life successfully.

Individual psychotherapy is a journey taken by two people: you and a guide who has been trained to help you understand what you need, and what obstacles you need to overcome, to live well. It is a journey led by your thoughts and emotions, some of which are related to the present and some of which are related to the past.

Individual psychotherapy is a process that promotes health, mastery, and balance, internally and in one's relationships. It is a process that involves the healing of wounds, the maximization of one's strengths, the minimization of one's weaknesses, increasing the scope and flexibility of one's perspectives, a release from the baggage one carries, and the enhancement of one's functioning on a day-to-day basis.

Individual psychotherapy generally requires a weekly commitment on your part. The continuity of the therapeutic conversation would otherwise be lost.

Individual psychotherapy requires a commitment on your part to work not only during sessions, but also during the week. The work that each person needs to do outside of the sessions depends on each person's needs and issues. Homework could include setting aside time to think, write, and feel. Or it might involve recording dreams in a notebook, drawing a picture of the past (literally), and/or writing a short story. Or it might mean having a conversation with a person with whom you are in conflict, or from whom you need emotional support.

Individual psychotherapy requires a commitment on your part to experience and talk about intense emotion without running away. It requires a commitment on your part to discuss shameful experiences and feelings, understanding that they will not be judged or criticized, but instead will be understood.

Finally, individual psychotherapy requires a commitment on your part to communicate openly and honestly with the guide during the journey. It is the strength and safety of the therapeutic relationship that will allow you to tolerate

emotional intensity and cope with stress as you move through difficult phases of growth, development, and redevelopment.

Individual psychotherapy is not an easy process. Learning to live well with greater happiness and satisfaction takes time, patience, and a lot of work. In my experience, the results of psychotherapy can be very rewarding, if not life-changing.

At the same time, psychotherapy is not for everyone. If you would like to talk about whether or not this process might benefit you, please let me know.