

Department of
PSYCHOLOGY

What is Therapy?



WHAT IS THERAPY?

It is a non-pharmacological approach that helps you

- Address your stressors and struggles
- Reduce psychological distress
- Enhance effectiveness & satisfaction in life
- Manage your thoughts, emotions & responses



IT IS

- Collaborative
- Guiding
- Evidence-based
- A process of change



**IT IS
NOT**

- 'Magic' or a quick fix
- Brainwashing
- Just about talking
- A sign of weakness or 'craziness'

What is therapy for?



Stress, anxiety, mood, anger, grief, social or interpersonal difficulties, and other psychological distress/symptoms

WHAT TO EXPECT?

BEFORE

- Keep an open-mind
- Be ready for change
- Think about stressors/symptoms to share



DURING

- Typically about 50-minutes
- Be upfront with your concerns
- Share what you are comfortable with



AFTER

- Reflect and digest
- Try before rejecting
- Consistently practise and apply
- Share your feedback & reflections next session



During your 1st session...

It is normal to feel anxious. It is never easy to share deep and personal information with another stranger. You may find yourself leaving the session with more questions than answers. This is normal too as these questions will view things from different perspectives, guiding you towards the most suitable answer that fits your values and beliefs

Clinics 4A and 4B
TTSH Medical Centre, Level 4

Contact:

6357 7000 (Central Hotline)

6889 4445 (Non-subsidised appointment)

6889 4343 (Subsidised appointment)



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