

Department of PSYCHOLOGY

What is Therapy?



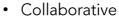


WHAT IS THERAPY?



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









A process of change



i 'Magic' or a quick fix i Brainwashing j Just about talking i A sign of weakness or

- 'craziness'

What is therapy for?



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



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:

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