

LIFE / HEALTH & FITNESS / HOLISTIC HEALTH

I don't want anyone to know...

July 12, 2010
9:45 AM MST

Theresa Hubbard is the newest member of my professional team.

Theresa Hubbard

"I don't want anyone to know that I go to therapy."

As a busy therapist, [Theresa Hubbard, LMFT, LCMFT](#), hears this statement less and less. She is my guest writer today and has prepared the following contribution for anyone seeking counseling. She relates both good and bad experiences which clients have had and will help you know what to look for in a professional.

Most of my clients share their therapy experience with their family, friends and even co-workers. Over 90% of all new clients that I see are a referral from a current or past client. They tell me they want people to know they are getting help, that it is okay to seek help, and that therapy isn't what they expected it to be. It appears, to me, that the stigma of therapy is fading.

Some of the reasons that clients haven't sought therapy in the past are:

"We thought we should be able to fix this problem ourselves."

"I was afraid you would judge me, no one else knows these things about me."

"I didn't want anyone else to know my problems. I was worried about my privacy."

"I didn't think therapy would really help."

"I was worried you would like my spouse more than me."

One of these statements may ring a bell in your own head or maybe your reason is different. Either way, the therapy process and the training that therapists receive now has changed significantly over the years.

When I went for my own therapy years ago I had several different experiences with therapists. My husband and I were looking for someone to help us with our marriage. The first therapist we went to, listened to my husband and I argue with each other, having very little feedback for us. We stopped going after 4 visits.

The second therapist met with us together the first session, told us we would meet individually from that point on and that we shouldn't talk to each other about what was discussed in our sessions. We didn't go back for a second visit. I don't even remember the [third therapist](#). The fourth therapist was by far the best we had encountered. However, even then, each had their own agenda for us. That marriage didn't survive.

Three years later I woke up one morning and made a decision that would change my life. I decided to go back to school to become a Marriage and Family Therapist. I felt a calling to help people receive the assistance they needed to make positive change in their lives. To provide what the therapists my husband and I had seen, had not provided us - HOPE.

I have a passion for being a [Marriage and Family Therapist](#). I believe that we all have stuff that we need help with. That we only know what we know. That if we are stuck, having an objective person to talk with can be incredibly helpful. Finding a therapist who fits you best can sometimes be a difficult process, but I encourage you to keep trying. You can find someone who won't judge you, that you feel you can be completely honest with, who hears you, who stays focused on your goals, who can be fair to all parties involved. Who can provide hope.

I also let my clients know that sometimes they may leave a session angry at me. If you really want to change, I have to challenge your thoughts and beliefs to make sure that they really fit with who you are and who you want to be. Throughout the process, I will also be there for you. I will help you to be hopeful. I will stay by you until you have reached your goals.

The university that I attended encouraged us to do self work with a therapist during our term there, and to continue the process of self growth, forever. They taught us that as a therapist we can only take our clients to the same level of health that we have. So, as a therapist, our self work is never be finished.

One of my clients who regularly shares their therapy experience with others says that the therapy process has helped. "provide clarity in many areas of my life ranging from my own negative cognition's (negative beliefs about myself) to my struggles in relationships. It has taught me a great deal on how to reflect upon myself, strengthen my core values and identify my core needs. Going forward, I will be able to make a greater distinction between what reality is taking place and where my personal view of that reality lies. And how to be true to myself."

I hope that in the environment that I share with my clients that they feel encouraged to share their therapy experience with others. This can encourage those around us to seek out people (ideally, qualified professionals) who can help them know themselves better. This will open the door to making positive changes in their thoughts and actions leading to greater satisfaction in their relationships, and peace and happiness in their lives.