

Introducing the Idea of Therapy

Going to therapy for the first time can be an intimidating idea for many people. Here are a few tips for how to introduce the topic:

- **Ask permission:** Respect and empower patients by asking if you can share some information about therapy options.
- **Emphasize overall health:** Discuss the relationship between [physical and emotional health](#), and talk about behavioral health specialists as part of the health care team.
- **Normalize:** You can say something like, “Many of my patients have found it beneficial to get some help with (improving their mood, managing their stress, changing their behavior, etc.)”
- **Meet them where they are:** Listen and ask open-ended questions to understand their motivations and concerns. If they aren’t ready for a referral now, that’s ok. Ask if you can give them some [information](#) to take home or if you can talk about it at your next visit.
- **Explain the process:** Providing an overview of what to expect can help ease fears.
 - [What to expect in therapy](#) (video)
 - [How to prepare for your first therapy session](#)