



Psychotherapy

What it is, how it helps, and what to expect when you begin with us.

Psychotherapy, or talk therapy, is a space to understand what you're going through and work through it with a trained professional. It isn't only for a crisis. People come to therapy when something feels heavy, stuck, or harder than it should be, and they'd like support making sense of it.

You might consider therapy if...

- You've been feeling low, anxious, irritable or numb for a while
- Stress, overthinking or worry is affecting your sleep, work or studies
- Relationships with family, a partner or friends feel strained
- You're going through a big change, a loss, or a difficult time
- You keep falling into the same patterns and want to understand why
- You simply want to understand yourself better and feel more at ease

The good news

Decades of research show that psychotherapy is effective for a wide range of concerns, from anxiety and low mood to stress, relationships and self-esteem. One of the strongest predictors of success is the relationship between you and your therapist: feeling heard, respected and understood.

What can change with therapy

Within yourself	In your relationships	In daily life
Understanding your feelings and patterns A kinder relationship with yourself More confidence and clarity	Clearer, calmer communication Healthier boundaries Feeling more connected	Better ways to handle stress Better sleep and energy Making choices that feel right for you

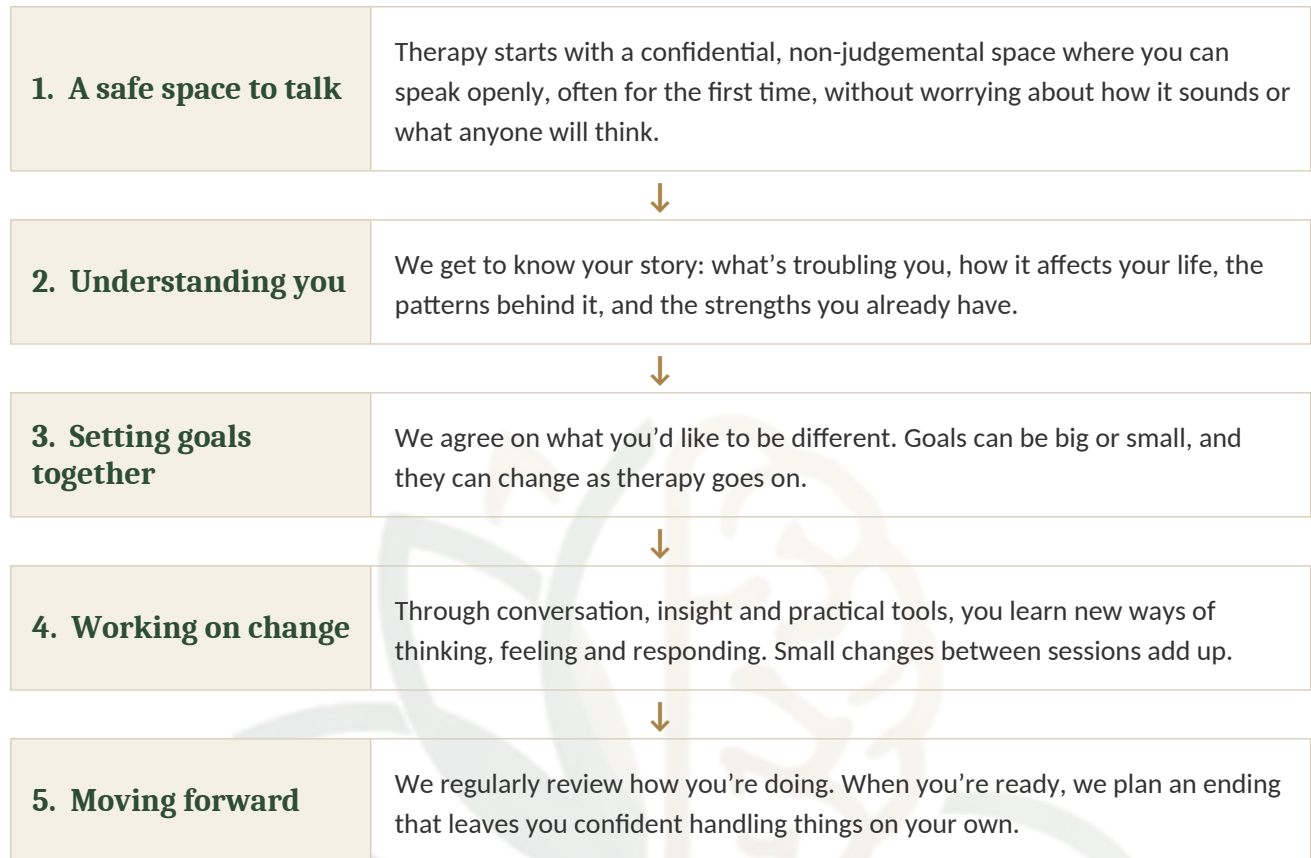
"When I accept myself just as I am, then I can change."

— Carl Rogers, psychologist



How Therapy Works

A collaborative process, shaped around you and what you want from it.



Approaches we draw on

Cognitive Behavioural Therapy (CBT) Practical and structured. It helps you change unhelpful patterns of thinking and behaviour.	Acceptance & mindfulness-based therapy Helps you make room for difficult feelings and live by what matters to you.	Person-centred & insight-oriented therapy Helps you explore your experiences and understand yourself more deeply.
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Every plan is tailored to you. We use what fits your needs, not a one-size-fits-all script.

Reaching out isn't a sign of weakness. It's a way of caring for yourself, the way you'd want someone you love to be cared for.



What a Session Looks Like

Knowing what to expect can make starting a little easier.

Check in	Focus	Learn & practise	Take it home
How things have been since we last met.	We agree together on what to work on today.	Explore patterns and try out a skill in the session.	A small, doable task to practise before next time.

Questions people often ask

Isn't therapy only for people with serious problems?

Not at all. Many people come for everyday struggles like stress, relationships, low confidence or feeling stuck. You don't need to reach a breaking point to deserve support.

How is this different from talking to a friend or family member?

Friends care deeply, but they're part of your life and can't always be neutral. A therapist is trained to listen without judgement, notice patterns, and help you find lasting ways to cope. You also never have to worry about burdening them.

What's the difference between a psychologist and a psychiatrist?

A psychologist works through talk therapy and does not prescribe medication. A psychiatrist is a medical doctor who can. Many people benefit from therapy alone, and if medication could help, we'll guide you to a psychiatrist.

What if I don't know what to talk about?

That's very common, and completely fine. Your therapist will guide the conversation. You can start with "I don't know where to begin."

Will everything I say stay private?

Yes. What you share is kept confidential. The only exceptions, which we'll explain in your first session, are rare situations where someone's safety is at serious risk.

How long will I need therapy?

It depends on you and your goals. Some people come for a few sessions to work on one issue, while others prefer longer-term support. We'll review your progress together regularly.

Your first step is a small one

Book a first session. We'll get to know you, understand what you're going through, and talk about how we can help. There's no pressure. After that conversation, you decide what feels right.

Book your session at

roohmindcare.com

In crisis or feeling unsafe right now? Call Tele-MANAS on 14416 (free, 24x7) or go to your nearest emergency department.