

Time to Talk therapy: what to expect



Time to Talk is a therapy service for Squared tenants only

What is therapy?

It is a space that is usually confidential (unless there is a possible risk to address), with a trained counsellor, to listen and understand any emotional challenges you have right now, with a view to supporting you in overcoming them. Sometimes just being able to talk about things in a safe space is helpful.

Depending on the issues, different approaches may be helpful:

Depression

Again thoughts and beliefs may be playing a part in depressed mood, so it is useful to look at these. Sometimes practical things can help, such as planning activities or getting things done, and this may be part of therapy. A sense of hopelessness can be helped by beginning to make step by step plans towards a future goal, just small steps can make a big difference.

Trauma

If there has been a specific trauma experienced in the past, then there is a particular type of therapy that can help. If this could be useful, it would be explained and you could choose to try it. It may be that this type of therapy would be considered after a few sessions, when you feel more comfortable and understand how it might help.

Confidence

Looking at thoughts and feelings and what might be 'blocking' you can help.

Relationship issues

Providing a safe space to talk about and explore relationship difficulties can help to get a wider view and some ideas of how to move forward.

Anxiety

Looking at things that cause anxiety, whether that is situations, feelings or thoughts. Sometimes our thoughts are not actually true, and seeing this can make a big difference. Perhaps particular situations are difficult, so it may be possible to have strategies to help, to build confidence to be able to manage over time. Also it can help to learn relaxation or mindfulness techniques to calm the nervous system, and reduce anxiety.

Childhood issues

Difficult things that happened in childhood may cause anxiety, depression or trauma. It could be useful to talk about it with a professional to help you understand how it might be impacting you now.

A final word...

Therapy is a friendly space for you to go at the pace you feel comfortable with, exploring challenges you have now and ways to feel less 'stuck'. It can be really helpful just to talk a bit, be listened to and explore any ways that might help. It is always your choice whether you continue to attend. If you do, sessions will be once a week, perhaps for six weeks or more, depending on what is needed.

Why not give it a try?

You have nothing to lose – therapy is there to help you, not hinder you.

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