

# Therapy with Spring Health

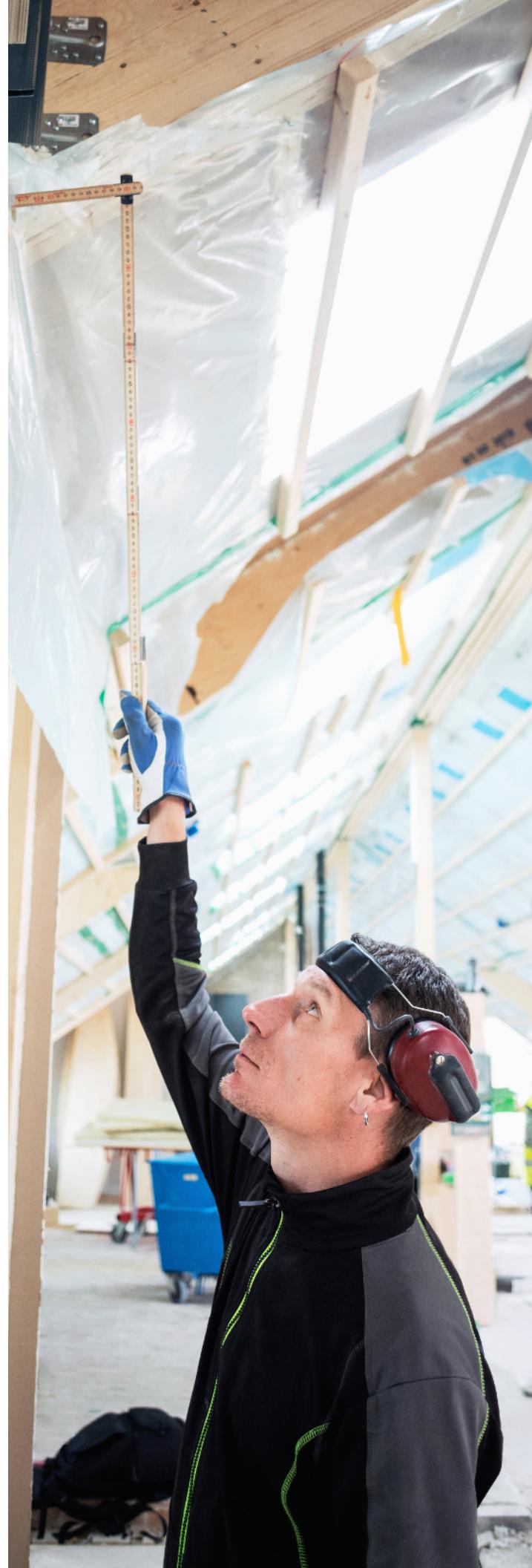
For therapy to work, it needs to work for you. Spring Health's compassionate, experienced therapists use a variety of methods and personalize your care to help you feel better, faster.

Everyone experiences stress, sadness, and struggles at some point in life. One proven method to help people through mental and emotional distress is therapy. Therapy is a safe space for you to learn more about yourself and work through difficult emotions, situations, and interactions. Spring Health's licensed therapists can help you understand your feelings, thoughts, and behaviors, as well as provide tools to help you feel better and improve your daily life.

## What to expect from therapy

While trying therapy may seem intimidating, knowing what really happens can make it easier to take the first step and make an appointment. Although each therapy session is deeply personal and tailored to your needs, there are certain aspects that are largely the same for everyone. Most importantly, you are the expert on you. You will work with your therapist to shape the sessions to meet your needs. Your therapist is a professional listener, providing a nonjudgmental perspective in a compassionate, empathetic, and safe way.

When you're feeling stressed, overwhelmed, alone, or helpless in your situation, a session can feel like a lifesaver. When you're feeling okay, a therapist can help you maintain your mood.



Your therapist is there to guide you through difficult situations, facilitate healthy self-examination, help you reset negative behavioral patterns, and much more. They aren't there to judge you. Anything you say in therapy is completely confidential, this safe space allows you to express yourself openly and honestly, because therapy only works if you're being truthful with yourself and your therapist.

## Your first session

The first therapy session is more of an introduction for both you and your therapist. Your therapist will likely ask what brought you to therapy, what you want to get out of your time together, and answer any questions you have about the process.

They'll also explain their ways of working and what you should expect for the next sessions. Don't be afraid to ask your therapist about their methods of care, the types of therapy they practice, and how they'll apply those strategies in your sessions. The whole point of therapy is to work through your issues with a professional you trust and to establish a healthier emotional balance.

Ask any questions that might help you to feel more comfortable. It's normal to feel some anxiety about the process, but talking about it can help. Keep in mind that you set the pace of your sessions. If you'd like to spend more or less time discussing something, say so.

## Therapy vs. giving advice

When you find yourself in a difficult situation, it's natural to seek advice. However, your therapist is trained specifically to not offer advice. Instead, it's your therapist's job to guide you through these situations so that you can come to your own conclusions, problem solve, develop an action plan, and follow through. They are there to make sure you hold yourself accountable for your behaviors, learn strategies for dealing with conflict, and achieve your goals.



## Exercises between sessions

Your therapist may give you exercises to try between sessions, but even when they don't, it's important to think about what you've learned so that you can apply it to your life. These assignments or activities will help you develop and apply new skills, practice coping strategies, and/or develop new healthy habits. Often, this is when you'll see progress.

## The right fit

The relationship you establish with your therapist is the most important part of therapy. You want to feel connected, heard, and understood. It's important that you feel comfortable being yourself around them, and that you feel like they are listening. **Things to look for:**

- Does your therapist challenge your assumptions?
- Do they help you set and track goals?
- Do you see (even small) improvements?
- Do they show acceptance and compassion?
- Do they treat you as an equal?
- Do you look forward to your sessions?

If you meet with your therapist a few times and discover that it's not the right fit, it's okay to let them know. Your therapist will want you to find the right treatment plan for you, even if it is not with them.

## Starting therapy with Spring Health

Through Spring Health, Wisconsin Laborers' Health Fund & Pension dependents and each eligible family member have access to 6 free therapy sessions per year. After completing a short online assessment, you will receive a personalized care plan and be connected with a Care Navigator – a licensed clinician who can provide guidance at any point in your journey. Spring Health makes it easy to find an experienced therapist you feel comfortable with, book appointments online, and get support when it's convenient for you, either virtually or in person. Get started at [liunawisconsin.springhealth.com](http://liunawisconsin.springhealth.com).



Your care with Spring Health is private and confidential.