

Your Journey to Healing

A Roadmap from Your First Session to Lasting Growth

1

Connect & Understand

Sessions 1–4

Your therapist's first priority is to truly hear your story. You'll share what brought you in, what you're hoping to change, and we'll openly check whether this feels like a good fit. There are no wrong answers — just honest conversation.

Goal: *Feel seen, safe, and ready to continue.*

2

Build Your Roadmap

Sessions 2–5

Together, you and your therapist will set clear, meaningful goals for your time in therapy. You'll agree on how often to meet (usually weekly to start) and establish a rhythm that supports steady progress. Your plan belongs to you.

Goal: *Leave with clear goals, a plan, and hope.*

3

Doing the Deep Work

Sessions 4–8+

This is where real change happens. Your therapist will introduce evidence-based tools tailored to your goals. Difficult emotions may surface — and that's a sign it's working. We'll check in regularly to make sure the approach is right for you.

Goal: *Experience real, meaningful change.*

4

Making It Stick

Sessions 9–11

As you grow stronger, sessions gradually space out — biweekly, then monthly. This is a sign of progress. You'll practice applying your new skills independently, and may receive a written summary of your growth to keep and reference anytime.

Goal: *Build independence with lasting new habits.*

5

Celebrate & Launch

Sessions 12+

Your final session is a milestone worth celebrating. You'll review how far you've come, consolidate what you've learned, and step forward with confidence. The door is always open — you're welcome back for a check-in session anytime.

Goal: *Step forward knowing the work has changed you.*

What If Life Gets in the Way?

Relocating? We'll connect you to a trusted provider near you. **Financial changes?** Talk to your therapist — we have flexible options. **Need a break?** Pause and return anytime. No judgment, ever. **Limited time?** We can design a focused, time-sensitive plan.

You are not alone. Healing is not a straight line — but every step forward matters.