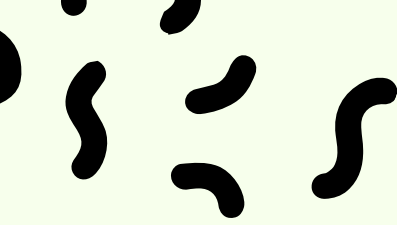
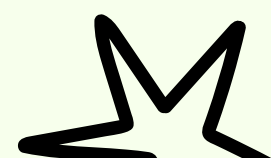
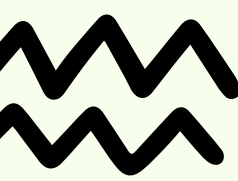


YOUTH GUIDE TO THERAPY

YOUTH'S 101 ON HOW TO GET STARTED IN
THERAPY AND WHAT TO LOOK FOR!



TYPES OF THERAPY



1

COGNITIVE BEHAVIORAL THERAPY (CBT)

A structured, goal-oriented approach that helps people identify and reframe unhelpful thought patterns to change how they feel and behave.

2

PSYCHODYNAMIC THERAPY

An insight-driven approach that explores how unconscious processes, past experiences, and early relationships shape current emotional struggles.

3

FAMILY THERAPY

A relational approach that treats the family as a system, working to improve communication, resolve conflict, and shift unhealthy dynamics among members

4

GROUP THERAPY

A therapist-facilitated setting where multiple people with shared concerns support one another's healing through shared experience and honest feedback.

5

TRAUMA-FOCUSED THERAPY

A specialized approach that helps people safely process traumatic memories and their lasting effects on the mind, body, and sense of self.

COST OF THERAPY

1

COST AS A BARRIER



The price of therapy is a major barrier for many people. As a result, individuals may delay or avoid seeking mental health support due to affordability concerns.



AVERAGE COST OF THERAPY

2

Therapy in the U.S. typically ranges from \$100-\$250 per session, with an average of about \$140 per session based on insurance-negotiated rates. Private practices often charge around \$140 for individual therapy, while couples therapy tends to be more expensive.

3

IMPACT OF INSURANCE



If your therapist accepts your insurance, sessions may be partially covered, lowering costs. However, not all therapists take insurance, and many plans include co-pays, deductibles, and limits on the number of sessions covered.



AFFORDABLE OPTIONS FOR STUDENTS

4

Many colleges offer free or low-cost counseling services, including: Short-term individual therapy, Group therapy, Crisis counseling and workshops. Additional options include: Telehealth counseling & peer support programs, Graduate training clinics (\$10-\$40 per session or free), Free virtual therapy sessions through school partnerships.

TAKEAWAY: WHILE THERAPY CAN BE EXPENSIVE, COLLEGE RESOURCES SIGNIFICANTLY IMPROVE ACCESS AND AFFORDABILITY, THOUGH AVAILABILITY MAY BE LIMITED.

HOW TO FIND A GOOD THERAPIST

EVIDENCE BASED PRACTICE

Ask if they use scientifically validated treatments for your specific concerns.

READ REVIEWS

Look at testimonials on their website, Google, or Yelp to get a sense of their style and effectiveness

RELEVANT EXPERIENCE

Ask how much experience they have with your issues and your population (children, adults, families, etc.).

FEES AND LOGISTICS

Clarify costs, cancellation policies, location, available hours, and emergency availability.

PERSONAL PREFERENCE

Consider what matters to you in a provider: shared cultural background, gender, years of experience, geographic location, and whether you want to meet in person or online.

PERSONAL FIT

Trust your gut; a good therapeutic relationship matters as much as credentials.

IS YOUR THERAPIST A GOOD FIT?

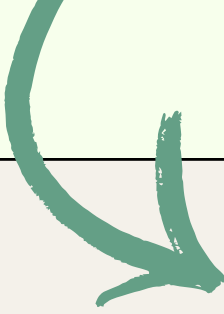


RED FLAGS

- YOU FEEL JUDGED OR MISUNDERSTOOD
- YOU DON'T FEEL COMFORTABLE OPENING UP
- YOU DON'T FEEL LIKE YOUR CONCERNS ARE BEING TAKEN SERIOUSLY
- YOU OFTEN LEAVE SESSIONS FEELING WORSE, NOT BETTER

GREEN FLAGS

- YOU FEEL SEEN AND HEARD
- THEY'RE KIND, RESPECTFUL, AND PROFESSIONAL
- YOU FEEL SAFE SHARING YOUR THOUGHTS AND FEELINGS
- THEY HELP YOU REFLECT, GROW, AND FEEL MORE CONFIDENT
- THEY SHOW UP ON TIME AND STAY CONSISTENT
- THE THERAPIST'S TREATMENT IS RELEVANT TO YOUR BACKGROUND + CIRCUMSTANCE



HOW OFTEN SHOULD YOU SEE A THERAPIST

THE REAL QUESTION

How often do **you** want to see a therapist?
Seeking out your therapist should not be a chore. Consider 2 main factors: Price + Balance

1

PRICE

Therapy is more than likely not free and is seldom covered by insurance. If that factor does t allow you to do it very often that's perfectly fine. The most important is that you are doing it

2

BALANCE

Be sure to consider your personal responsibilities and work schedule when scheduling your appointments.

CAN I TRUST MY THERAPIST?

IT'S IMPORTANT TO UNDERSTAND THAT YOUR PRIVACY IS PROTECTED UNDER HIPAA; HOWEVER, THERE ARE SITUATIONS IN WHICH YOUR THERAPIST IS LEGALLY REQUIRED TO REPORT INFORMATION.

- VIOLENT BEHAVIOR
- SUSPECTED CHILD ABUSE OR NEGLECT
- THREATS OF SELF-HARM OR HARM TO OTHERS
- DANGEROUS SITUATIONS

ACCESS OUR GUIDE!

