

# What to Expect from Therapy at Tranceform Psychology



## Therapy Isn't Something That Happens *To* You

One of the most common misconceptions about psychological therapy is that it is a process where the therapist somehow "fixes" the client.

Many people understandably arrive hoping that, after enough sessions, their anxiety will disappear, their confidence will return, or their difficult emotions will simply fade away.

Whilst therapy can absolutely help people achieve these outcomes, the process is rarely as passive as many people expect.

At Tranceform Psychology, we see therapy as something we build together.

You remain the most important person in the room.

## There Is No Magic Formula

If there were a technique that instantly removed anxiety, depression, OCD or low self-esteem, every psychologist would use it.

Unfortunately, human beings don't work like that.

Our thoughts, emotions, habits, beliefs and behaviours develop over many years through our experiences, relationships and learning.

Changing those patterns usually involves understanding them first.

Therapy isn't about being "treated."

It's about learning.

## **Therapy Is More Like Learning a New Skill**

Imagine learning to drive a car.

Your instructor can explain, demonstrate, encourage and guide you.

But they can't learn to drive for you.

Eventually, you have to sit in the driver's seat yourself.

Psychological therapy works in much the same way.

Our role is to help you understand why you think, feel and respond in the ways you do, and then help you develop practical ways of responding differently.

Real change happens through understanding, practice and repetition - not simply by attending appointments.

## **You Don't Need to Be "Broken"**

Many people worry that seeking therapy means there is something wrong with them.

We don't generally see people that way.

Most emotional difficulties make sense when viewed in the context of a person's experiences, circumstances and the meanings they have developed over time.

Rather than asking, "What's wrong with you?" we often ask:

*"Given everything you've experienced, why does this make sense?"*

Understanding usually comes before lasting change.

## **We Will Be Curious Together**

Therapy at Tranceform isn't about judgement.

Nor is it about someone telling you what to think.

Instead, we'll become curious together.

We'll explore questions like:

- What keeps this problem going?
- What patterns have developed?
- Where did these ways of thinking come from?
- What are you paying attention to?
- What assumptions are influencing your decisions?
- What alternative ways of responding are available?

Often the answers themselves become the beginning of change.

## **Expect Some Challenge**

Good therapy is supportive.

But it is also honest.

Sometimes we'll gently question beliefs that have become so familiar you've never thought to challenge them.

Sometimes you'll be encouraged to face situations you've spent years avoiding.

Sometimes we'll discover that what feels safe in the short term is actually maintaining the problem in the long term.

This isn't about making life harder.

It's about helping you become freer.

## **Progress Usually Happens Between Sessions**

Many clients assume that therapy happens during the 60-minute appointment.

In reality, the appointment is often where the learning begins.

The real progress usually happens afterwards.

As you notice your thoughts.

As you try new behaviours.

As you experiment with different ways of responding.

As you reflect on what you've discovered.

Sessions provide direction.

Life provides the practice.

## **You Set the Pace**

There is no fixed number of sessions.

Some people need only a handful.

Others prefer longer-term work.

We review progress regularly and work collaboratively throughout the process.

You remain in control of your therapy.

## **Our Commitment**

We can't promise to remove every difficult feeling.

No ethical therapist can.

What we can promise is that we will listen carefully, think deeply about your situation, challenge you respectfully when appropriate, and provide evidence-based psychological approaches tailored to your needs.

Most importantly, we'll work alongside you rather than doing therapy *to* you.

## **Your Commitment**

The people who tend to benefit most from therapy are not necessarily the people with the fewest problems.

They're usually the people who are willing to remain curious, practice new skills, reflect honestly and engage with the process.

You don't need to be perfect.

You simply need to be willing to participate.

## **Therapy Is About Helping You Become Your Own Expert**

Ultimately, the goal isn't for you to become dependent on therapy.

It's the opposite.

The aim is for you to leave with a better understanding of yourself, greater confidence in your own abilities, and practical psychological skills that continue to serve you long after our final session.

If that sounds like the kind of therapy you're looking for, we'd be delighted to help.

