



What Really Happens in Therapy



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Meet today's speaker



David Chae, LCPC

(he/him/his)

Clinical Instructional Designer, Spring Health

Education:

- Masters Degree in Clinical Counseling from The Chicago School of Professional Psychology
- Bachelor's Degree in Psychology from The University of Wisconsin - Madison

Licensed clinician with experience in providing therapy, crisis management, community mental health, and case management in a wide range of different clinical settings

Lifelong Chicagoan with a deep love of cooking, restaurants, and all things food.

Agenda

- What is therapy?
- Purpose and benefits of therapy
- What to expect from your first session and beyond
- Providing support to children
- How to terminate therapy
- Spring Health benefit and available resources



What brought you here today?



Please use the chat to share what you are hoping to learn from today's session.

What is therapy?

- Form of treatment aimed at relieving emotional distress and mental well-being problems
- Involves examining and gaining insight into life choices and difficulties



Purpose of therapy

- To help us understand our thoughts and emotions with the hopes of feeling emotionally stronger and building resilience.



Please share in the chat reasons why someone may choose to seek therapy.

Stigma / myths

- If I need help, something is wrong with me
- I just need to try harder
- No one will understand what I am experiencing

Positive perspective

- It is okay to accept help
- I am looking to better understand myself
- I need some extra support during this transition

Stigma / myths

- I will have to go on medication
- I have friends I can talk to
- Therapy will last forever

Positive perspective

- This is my self-care
- I can be helpful to speak with someone who is unbiased and professional
- Time may be a challenge but I am open and ready

What are the benefits of therapy?

—
Symptom relief and better
physical health

—
Improved communication and
interpersonal skills

—
Better understanding of our
behaviors and how to change
them

—
Increased satisfaction
in work and life



*Please use the chat to share
additional benefits of therapy.*

Okay, I'm ready to start, now what?

What to expect in the first visit and beyond



Please use the chat: Do you have any
worries or barriers to starting therapy?

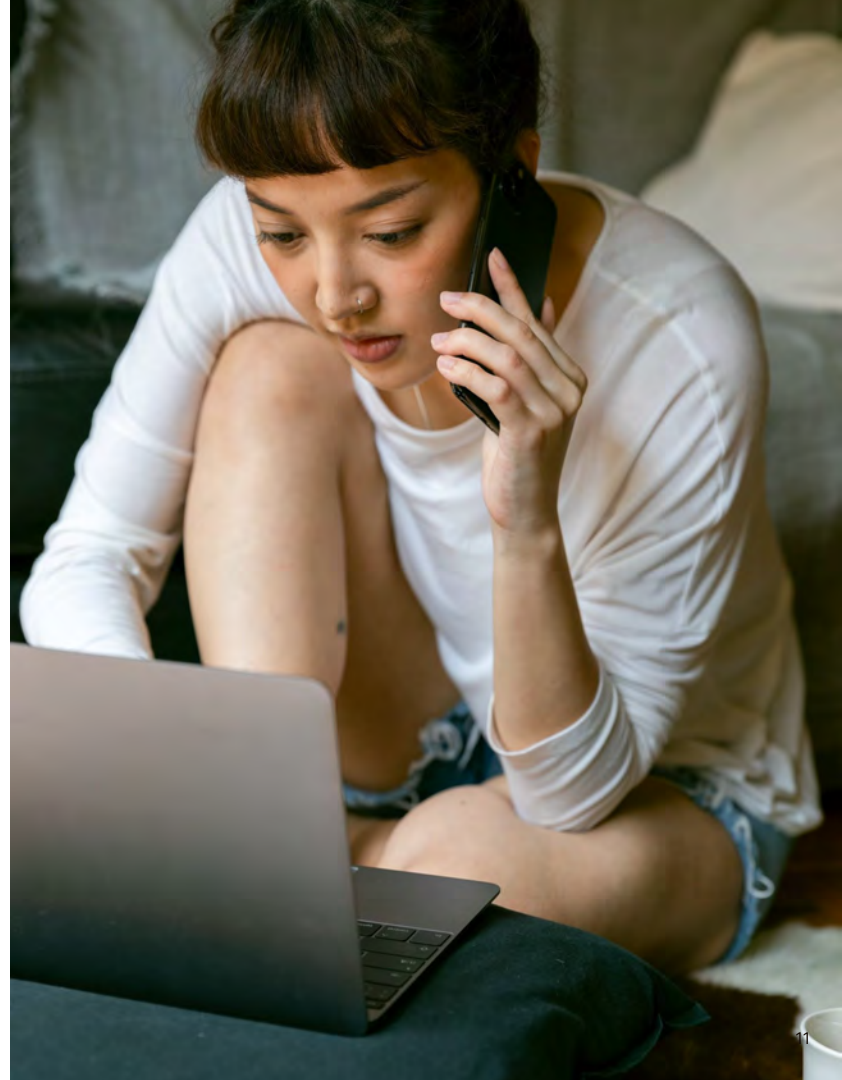


Choosing the “right” therapist

- Background and experience
 - Specialties, training
- Office / virtual protocols, scheduling and costs
 - Policies, cancellations, payment
- Culture conscious
 - Identity, gender



Please use the chat to share additional factors you may consider when choosing a therapist.



In-person therapy

Pros:

- **Nonverbal communication**
- **Location**
- **Accountability**

Cons:

- **Accessibility**
- **Scheduling**
- **Stigma**

Teletherapy

Pros:

- **Location**
- **Comfort**
- **Decreased responsibilities**

Cons:

- **Technology**
- **Video-fatigue**
- **Connectedness**

Your first therapy session

Do I need to prepare?

No, just be comfortable.

What do I talk about?

Anything you want! It's an open agenda.

What will my therapist be doing during our session?

Listening and note-taking for reminders.

Will I be prescribed medication?

No, therapists don't prescribe medication.



What to do after the first session?

- How many sessions will I need?

**Real change
can take time**



Children and therapy

<p>Benefits</p> <ul style="list-style-type: none">● Get comfortable with emotions● Improve mood● Change thinking patterns	<p>Warning signs</p> <ul style="list-style-type: none">● Change in routine● Trouble sleeping● Problems socializing	<p>How to have <i>that</i> conversation</p> <ul style="list-style-type: none">● Schedule a child-led family meeting● Talk about difficult emotions while playing a game or in the car● Allow space for the conversation to continue	<p>Neurodiverse or special needs</p> <ul style="list-style-type: none">● Finding a therapist that understands their needs● Revisit your child's Individualized Education Plans● Include outside providers in school meetings

Providing support to your children


Be a supportive listener


Don't be embarrassed to ask for help


Discuss therapist "check-ins"


Use curiosity to explore different options


Respect your own knowledge


Be patient


Plan your conversations ahead of time


Practice self-care



Please use the chat to share additional ways you support your children in therapy.

Struggling to connect

Considerations:

- Physical space
- Your emotions
- Communication style
- Being present
- Personality match
- Confronting vs. dislike



Don't be afraid to try again:

“I’ve decided I’d like to try a different approach with another therapist but I appreciate your time and thoughts.”



Termination process

You feel better

Generalization of skills

Not sure what to talk about

Agenda isn't as clear

Discuss the end at the beginning

What will success look like

Have a plan

Self-care, medication, support

How to “break up” with your therapist

“I really appreciate the time we have spent together, but I feel I need to take a break from therapy at this time.”

“I want to thank you for the work we’ve done together. I’m realizing I need something different now and I’d like to say I appreciate your willingness to help me.”

“I believe I've made a lot of progress in our time together, and I feel that it's now time for me to move on and try things on my own.”

Please use the chat to share additional examples of what you can say when it is time to end therapy.

Taking steps forward

Research therapist

Discuss thoughts, feelings & goals

Book an appointment

Develop a therapeutic relationship



Therapy helps

**Self-reflect on
what may be
most difficult
and where you
may be stuck**

**Strengthen
your self-
confidence**

**Develop
strategies
for when and
how to move
forward**



*Share one take away
from our discussion today.*





Our Mission


**Help individuals and organizations
thrive by eliminating every barrier
to mental well-being.**




Our Mission

**Help individuals and organizations
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
At no cost to you, Spring Health provides:




Personalized care. Take an online mental health assessment designed to find the right care for your needs, and helps track your progress too.




Wellness exercises. Use Moments, an on-demand library of self-guided exercises to improve mental wellbeing, with programs for anxiety, burnout, better sleep, and more.



Dedicated support. Care Navigators help find the right therapist, set appointments, give advice, and offer emotional support along the way.



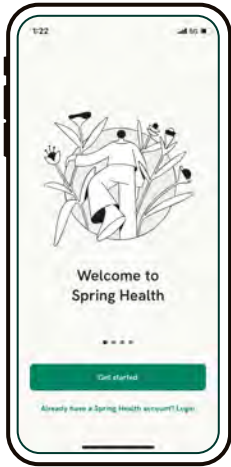
Medication. Meet with in-network prescribers who can help you manage your medications during care when needed.



Therapy. Meet with a trusted therapist in as soon as two days — you and your family member each have **10 sessions covered by UnitedAg. HSA plan participants must pay the visit fees until plan deductible has been met.**

Member experience

4 steps to start feeling your best (mobile app experience)



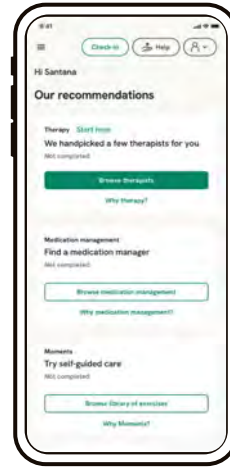
Registration

Activate your account in a few quick steps by verifying your eligibility with your information.



Screening

Take a short assessment to pinpoint your immediate needs and long-term goals.



Matching

Receive a personalized care plan that addresses your needs. Meet your Care Navigator for extra support.



Access

Understand the options available to you and access tools to start feeling better.

A diverse provider network is critical for inclusive care

Members can filter based on their needs and preferences.

Specialties

- Faith-based
- Military
- Veterans
- LGBTQIA+
- Pediatric

Conditions

- OCD
- Grief
- Eating disorders
- Phobias
- Panic
- Other conditions

45%

providers
identify as
BIPOC

25+

unique
treatment
modalities

48

languages
spoken fluently

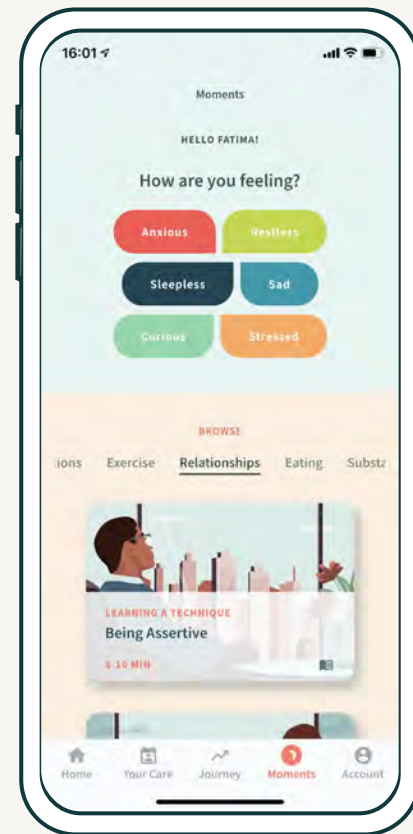
34%

providers
specializing in
LGBTQIA+ issues

Taking a Moment for mental health, made easier

Moments is an expansive library of digital exercises, providing on-demand support for a full spectrum of mental health challenges and conditions, including:

- Anxiety
- Depression
- Emotions
- Burnout
- Breakups
- Focus
- Sleep
- Loneliness
- Eating
- Parenting
- Personal Growth
- Relationships
- Substance Use
- Mindfulness
- Career





Questions?

Visit: **springhealth.com/support**

Call: **1-855-629-0554**

General support available Monday-Friday, 8:00am-11:00pm ET (*press 3*)

Crisis support available 24/7 (*press 2*)

Get started online at **unitedag.springhealth.com**

Complete your assessment to receive your personalized care plan.

Access up to **10 free therapy sessions**, self-guided well-being exercises, and more.



Scan to activate
your account