

Traditional Talk Therapy (T³)

Many people meet with Mental Health Therapists on a regular basis. Life does have its twists and turns, right? Navigating life's ups and downs can be daunting whether you have lots of friends and family to connect with and divulge deep personal and, often, embarrassing, humiliating or sensitive details. I really have not met anyone who feels comfortable telling their close friends and family that they have a sex addiction, entered an extra marital affair or seriously harmed another being. That's where the role of a Mental Health Therapist comes in play as a strong contender in this game of life. A Licensed Professional Clinical Counselor can be a great facilitator in teaching how to best play the game with your unique combination of personal characteristics, skillset and emotional coping skills. And, the Counselor/Therapist can determine if you would be best served by learning new emotional coping skills, reducing or eliminating trauma triggers, etc.

There are many different Mental Health therapeutic modalities which are more active, such as: Gestalt, Art Therapy, Sand Tray Therapy, etc. Often, individuals believe activity during a therapy session makes it better; and, for some individuals, this works the best. However, it is also good to not assume that the time spent talking to the Mental Health Therapist is in vain. Many types of therapy offered by Mental Health Therapists cause the Client to reprocess information, correct cognitive distortions, eliminate secondary disturbance and promote unconditional Self-Acceptance.

I have had the experiences where the Client verbalized that he/she is merely having a random conversation with the Mental Health Therapist; and, the individual verbalizes he/she feels it's a waste of time and money. However, it's during those conversational moments that wonderful things are happening in the Client's mind. During those moments, a Mental Health Therapist is assisting the Client in identification of self-defeating thoughts and feelings, challenge the rationality of those feelings, and replace them with healthier, more productive beliefs. And, if the Mental Health Therapist is stealth with the approach, the Client doesn't notice how or what techniques are being utilized to facilitate that session.

But, what about Supportive Therapy? When an individual does not have support in their life from other human beings, isn't that a waste? Amid the current Novel CoVid-19 Pandemic I believe this answer has become very surface level as an individual committed suicide as a result of not being able to cope with the social isolation. There have been numerous scientific studies performed on what happens to a human being who becomes socially isolated. Many people completely become psychotic and some lose the ability to live life in conjunction with other human beings. This is especially true for inmates who have spent a good deal of time in social isolation.

Everyone needs emotional support. Everyone needs to vent. Everyone deserves to be heard and seen. And, some things that happen to us are too difficult to comprehend let alone be capable to process the situation(s) appropriately on our own. T³ Works!