



How do I get help?

Please contact us at:

702-364-1484 or toll-free
1-800-873-2246, TTY **711**

Do you have questions for your doctor?
Would you like to talk to your doctor about
your questions? Write them down here.
Please use additional paper if necessary.

Take this brochure to your appointment.

Tiene derecho a recibir ayuda e información
en su idioma sin costo. Para solicitar un
intérprete, llame al número de teléfono
gratuito para miembros que se encuentra
en su tarjeta de identificación del plan o los
documentos de su plan.



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Psychotherapy

What to Expect





What is Psychotherapy?

Psychotherapy is the same as 'talk therapy.' When we feel stuck, anxious, stressed or depressed, or our career or relationships are not working, therapy can help us to take control of our lives, and rebuild feelings of happiness and satisfaction. One of the biggest misconceptions about therapy is that seeing a therapist is a sign of weakness. In fact, quite the opposite is true. Recognizing the need for help, and seeking professional therapy, is a sign of both strength and your determination to live a more productive and meaningful life. Psychotherapy helps us identify what situations make us feel positive or negative. It also helps us look at our feelings and ways of thinking so we can become better at coping with difficult situations.



When to Seek Therapy

Sometimes you need to talk to someone who can help you when:

- you feel like you can't do it alone
- you feel trapped
- you feel like there is nowhere to turn
- you worry all the time and never seem to find the answers
- the way you feel is affecting your sleep, eating habits, job, relationships and everyday life
- advice offered by family or friends doesn't really make you feel any better



Developing New Skills

Recognizing the need for professional help is a good first step towards improvement. Therapy not only helps identify problem areas, it also helps you develop new skills for learning to cope with them. Your therapist may utilize a blended approach to therapy, drawing on elements of different schools of psychotherapy. There is no simple answer as to which type of psychotherapy works best. You might do better with one type of therapy than with another.



What Does Psychotherapy Treat?

Psychotherapy is used for treating many different issues. The most common ones are:

- Addiction
- Anxiety
- Behavioral problems
- Bipolar disorder
- Depression
- Eating disorders
- Emotional crises
- Low self-esteem
- Marriage and family problems
- Obsessive-compulsive disorder
- Personality disorders
- Post-traumatic stress
- Problems stemming from childhood trauma
- Schizophrenia



Approaches to Therapy

Therapy may be provided in different formats -- like family, group, and individual. Your therapist will decide which approach to use and may use a combination of approaches.

Individual Therapy involves only you and your therapist.

Group Therapy is when two or more individuals participate in therapy at the same time. Participants are able to share experiences and learn that others feel the same way and have had similar experiences.

Family Therapy may be considered since the family is a key part of the team that helps people with mental illness get better. It may be helpful for family members to understand what their loved one is going through, how they themselves can cope, and what they can do to help.



Who Provides Talk Therapy?

Talk therapy may come from a wide variety of disciplines and may be a psychologist, marriage and family therapist, licensed clinical social worker, counselor, psychiatric nurse, or psychiatrist. Make sure you call Behavioral Healthcare Options (BHO) at **702-364-1484** or toll-free at **1-800-873-2246**, TTY **711** to obtain the best referral for you and your needs. Think of your relationship with your therapist as a partnership. The two of you will work together to help you identify the issues, set clear goals, and make real progress toward helping you feel better.