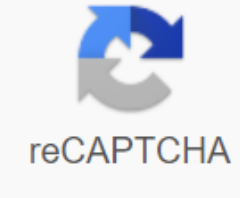




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Therapist letter to court examples

Everyone suffers from mental health problems from time to time – even royals. As Prince Harry opens up about the mental anguish that followed 20 years of bottling up emotions, he encourages others to come forward and seek professional help. We talk a lot about the importance of opening up on MH – but how do you know when it's time to take the first step? If you feel like you want to talk to someone, that's when you know you should. And if full-blown confessionals are not your style, that's fine Unfortunately, there is no RDA for happiness; you can't trust a traffic light label here. But the most obvious sign is the feeling that you are losing control of your life, and this is where a professional can help you take back the helm. The word I use is stuck, said Dr. Joel Wong, professor of counseling psychology. Most of my male clients come to me when they feel trapped in a rut. (Related: Marcus Trescothick opens up about mental health) If it sounds like you, then start with your doctor, explaining that you want to explore your concerns with a specialist. Too many doctors immediately reach for the prescription pad - one in 11 BRITISH adults are now thought to be on antidepressants - but combining therapy and drugs is often a more nuanced approach. First your GP will put you in touch with a counsellor, who can then refer you to a psychologist - to diagnose and treat the disease - or a psychiatrist, who can prescribe various medications, if deemed necessary. This content is imported from third parties. You may be able to find the same content in a different format, or you can find more information on their website. If psychology leaves you acronym-blind and you are concerned about choosing the wrong therapeutic discipline – CBT, NLP and so on – then relax. Having rapport with a therapist is more important than the specific technique, said Dr. David Wexler, executive director of the Relationship Training Institute. (Related: The Best Books on Mental Health) In short, if you feel like you want to talk to someone, that's when you know you should. And if full-blown confessionals aren't your style, that's fine too: The Journal of Affective Disorders found online therapy is as effective as face-to-face sessions. Start at thinkwell.co.uk. Good luck to you. This content is imported from YouTube. You may be able to find the same content in a different format, or you can find more information on their website. Photograph: Michael Hedge This content is created and maintained by a third party, and imported into this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io At Johns Hopkins Medicine, your health and safety are our top priorities. We are ready to take care of you and your family at our hospitals, surgery centers, and through in-person clinic and online video visits. Learn how we keep you safe and protected so you can get the care you personal and video booking options. How we make sure you are safeTo prevent the spread of COVID-19, our doctors and care teams are taking extra precautions to make your visit as safe as possible. Testing and screening masks and protective equipment Cleaning Physical DistancingLead more about our COVID-19 safety measures. If you are an existing patient and had an appointment that was postponed, our offices can contact you to reschedule. You can also call your doctor's office or send a message via MyChart to discuss your care needs so that we can determine the time that is most appropriate. If you are a new patient, call us at 443-997-5476 to schedule a personal primary or specialty care visit. Read more about visits in person. ProceduresIf you have already been scheduled for a procedure that needs to be postponed, we will reach out to rescheduling. If this is a new procedure, please contact us at 443-997-5476 to schedule a consultation. Learn more about preparing your appointment. Video Visit (Telemedicine)Many new and existing Johns Hopkins patients are able to have a video meeting (telemedicine) with their provider, depending on their care needs. If you don't have a device to use for a video visit, you and your provider can decide that a phone call will meet your needs. About video visits | Therapy telemedicine FAQs* New patients have not previously been seen by a provider at the physical medicine and rehabilitation department.** Existing patients have been seen by the department in the past. Existing patients must have a MyChart account to request an appointment online, or may otherwise need to call. You can sign up in MyChart to manage appointments, communicate with your provider, receive test results, and request prescription renewals. Getty Images To say that we live in a chaotic, confusing and stress-inducing time is an understatement if ever there was one. Sometimes, the best thing you can do for yourself and those around you is to find a professional therapist to talk to. It always helps to get what I want to call a really good second opinion about your life from someone outside of your life, said Lori Gottlieb, M.F.T., psychotherapist and author of *Maybe You Should Talk to Someone* and the weekly *Dear Therapist* column in *The Atlantic*. But how do you find a therapist if you've never done it before? Follow this expert advice:Start search:Ask a friend. I think the best way to find a therapist is to ask someone you know who is in therapy, if their therapist can give you a recommendation, gottlieb said. You don't necessarily want to go to the same person that your friend sees, but their therapist can often point you in the direction of another qualified professional. Of course, make sure that the friend you're asking seems like they're making progress with their therapist, Gottlieb adds. Search the web. Gottlieb recommends using *Psychology Today's Find a Therapist* tool. You can get a pretty feeling just from every therapist's profile as to whether this might be someone you would be interested in going in to see for a consultation, she said. If you have a specific issue that you want help with, it's smart to tailor your search to therapists who are veterans in treating that particular problem. Use your network. Contact your primary care physician for recommendations, and if you have insurance, reach out to your insurance company to identify therapists who may be covered by your policies, said Meredith Williamson, Ph.D., licensed psychologist, clinical assistant professor at Texas A&M, T. M University College of Medicine, and Director of Behavioral Health at Texas A&M; M Family Residency. If financial resources are limited, then it may be helpful to look up universities in your area to see if they have an education clinic where you can pay a reduced fee for therapy. Think about technology. Video chat services and sms services are wonderful resources for psychotherapy, especially for those with busy lives, limited transportation, limited mobility, or living in places where personal psychotherapy is rare or non-existent, williamson said. Research in this area is carried out continuously, but so far there is no evidence that video chat services are less effective than in-person psychotherapy services. Some well-known companies that offer telehealth for therapy include LiveHealth Online, Talkspace, BetterHelp, and MD Live. But if you often experience suicidality, self-harm, psychosis or mania; seeking addiction treatment; or suffering from an anxiety disorder triggered by social interactions, Williamson notes that personal encounters can be your best bet. Decide if you're a good match:Some people will tell you to call up a potential therapist and ask some questions to figure out if they can be a good fit for you, but Gottlieb says you might as well save yourself time and just make an appointment to see them in person. If your goal is to go every week, you first want to make sure the situation is comfortable and the fee is affordable for you – those logistical questions, she says. But nothing else you ask them will ask if you do not click in the room. After you have a session with the therapist, Williamson suggests asking yourself these questions: How supportive and helpful do you think the therapist is for you? Do you feel your therapist is really trying to understand your perspective and anxiety? Do you find your therapist reliable and safe? Does this feel like a collaboration? Is your therapist knowledgeable about various psychotherapy treatments to address your problems or mental health (s)? If you feel okay after the first session, commit to one or two more before making a decision on whether or not to stick with this particular therapist. It's going to take a few sessions before you feel like yes, this is where I want to do the job, gottlieb said. after a few sessions, you still don't think your therapist is a good fit, feel free to move on. It's 100% okay to say to that person, I'm just not sure this is the right game, I want to look around, gottlieb says. In fact, they might even have a referral for you. And just having that conversation is a really empowering experience. Just think about going to therapy is work. It's important to remember that psychotherapy is often uncomfortable and can induce initial fear of painful feelings or memories, williamson said. It is good to distinguish between whether a therapist is not right for you or if you experience discomfort from increased vulnerability due to simply being in psychotherapy. Gottlieb notes that some people meet with a bunch of therapists and says that none of them feel right—if that happens, it may be time to ask yourself what's going on and why you're avoiding them. Bottom line: If you don't feel right emotionally, don't hesitate to reach out for help. There is no hierarchy of pain, gottlieb said. If something is wrong with you physically, you will go to your doctor. You wouldn't say: well, it's just a fracture, it's not like my arm is falling off. As for our emotional health, we need to go get help if something feels off. There's no price for toughing it out. If you are in crisis or you think you may have an emergency, call your doctor or 911 immediately. If you have suicidal thoughts, call 1-800-273-TALK (8255) to talk to a skilled, trained counselor at a crisis center in your area at any time. If you are outside the United States, call your local emergency line immediately. This content is created and maintained by a third party, and imported into this page to help users enter their email addresses. You may be able to find more information about this and similar content piano.io piano.io