

SOME PEOPLE DO NOT BELIEVE IN PSYCHOTHERAPY

Many people do not believe in psychotherapy. They are afraid that if they seek consultation they will be labeled as “crazy” or “sick.” They may think it is shameful or “weak” and that they should not need anyone’s help. Some people have had bad experiences with incompetent therapists. However, in reality, therapy, when conducted by competent therapists, can be extremely effective in helping with depression, anxiety, loss, stress, family and relationship problems, self-esteem, and many other issues one may be experiencing.

Sometimes life can be overwhelming or confusing. Dr. Jake Elliott and his Associates believe that relationships and meaningful living require attention and “maintenance.” Therapy is no different than our dental or medical check-ups or changing the oil in our car engine. Our clinical staff of highly trained, experienced **Psychotherapists** have seen the effects and damage caused by “ignoring” one’s issues and symptoms. Problems can occur in significant areas of one’s life, such as love, work, health, family issues and self-esteem. Sometimes some of these life stresses can become present to the degree that one can lose touch with their emotions, goals, and the true meaning of his or her life. This can result in a downturn in experiencing a happy and meaningful life.

“You don’t have to be sick to get better”. Research has shown that persons who seek counseling for more mild conditions are able to prevent them from developing into more serious issues. Furthermore, the strategies one learns in therapy for one emotional condition may well have a carryover and can be used later to work through other life difficulties.