



Gateway to Success

Teens' Newsletter

Therapy: More Than Just Talking

When people hear the word therapy, they often think that it is a place for people who are really sick, hearing and seeing things that aren't really there. The truth is that therapy is for everyone. Therapy is useful for anyone who is experiencing mild to moderate distress. This distress may come from a variety of things such as the divorce of one's parents, the break-up of a relationship, the stress of academia. When the distress becomes too much for one person to handle, they may seek the help of a professional like a therapist.

There are different types of therapy. Psychodynamic, cognitive-behavioral and family therapy are just a few forms of therapy that focus on different ways to help one cope with their issues. One thing that they have in common is that they provide a space for someone to talk and process their thoughts and feelings. This helps a person to better understand and deal with their problems, issues and/or distresses.

Did you know that therapy is available on your campus? Outside mental health agencies provide free therapy services to students. If you are considering receiving therapy at school, talk to your academic counselor or teacher. They can help you make a referral. If you are unsure of whether or not you might need counseling, here are some things that might help you make a decision.

- You feel sad, angry, anxious, depressed and/or mad for most of the day, for many days
- You are engaging in risky behavior like drinking, smoking, sex and/or cutting
- You are verbally and/or physically aggressive
- You are not hanging out with your friends and family like you used to
- You are sleeping and/or eating too much or too little

Consider speaking to an adult like a parent or teacher if you feel like therapy would be beneficial to you.



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For more information contact the Director of Pupil Services (626) 943-3410

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