

## 20. *What can be expected from therapy at GJB Health Services?*

Almost everyone who begins therapy is ambivalent about changing their behavior. People seek counseling when a problem or issue is not getting better. They are “handling” the situation the way they have always handled similar situations, but it’s no longer working.

For many people, this is their first experience with counseling; they are fearful and don’t know what to expect. For other clients, who have had counseling in the past, there may have been negative experiences. Most people wouldn’t be here at all if they knew of any other way to solve the problem.

It’s kind of like going to the dentist; nobody is looking forward to going to see the dentist, but pain will go away, or at least decrease, if we go. Sometimes pain can be avoided if we go for regular checkups. So, almost everyone goes to the dentist, but *nobody is happy about going*. Therapy often works the same way; the sooner you go, the easier it its to work things out.

