

What to Expect at Your First Appointment

Starting therapy can feel uncertain. You might wonder:

- What will we talk about?
- Do I have to tell my whole story?
- What if I don't know where to begin?

At Wellness Within, your first appointment is designed to feel steady, collaborative, and clear — not overwhelming.

First Session Five

1. We Begin with Safety

Before diving into details, we slow down.

We may check in about how you're feeling in the room, orient you to the space, or guide a brief grounding moment. When your nervous system feels even slightly more settled, it's easier to speak openly and think clearly.

You set the pace. You don't have to share everything all at once.

2. We Get to Know What Brings You In

Your therapist will ask thoughtful questions about:

- What feels hard right now
- Recent stressors or changes
- Patterns you've noticed in relationships, work, or mood
- What you're hoping might feel different

This is not an interrogation or a checklist. *It's a conversation.*

If you're unsure what to say, that's okay — *we'll help guide the process.*

3. We Talk About How Therapy Works

You'll also learn about:

- Your therapist's approach
- What sessions typically look like
- How often you might meet
- Confidentiality and boundaries
- Ways we might work together (talk therapy, somatic tools, movement-based approaches, journaling, skills work, etc.)

We believe clarity builds trust. You deserve to know what to expect.

4. We Begin to Identify Goals

You don't need perfectly defined goals. We may simply explore:

- "If therapy were helpful, what would feel different?"
- "What would relief look like?"
- "What would more ease look like in your body or relationships?"

Goals can evolve. The first session is just the starting point.

5. You Decide About Fit

At the end of the appointment, we'll discuss next steps. You're encouraged to notice:

- Do I feel heard?
- Do I feel respected?
- Can I imagine opening up here?

Therapy works best when there's a sense of safety and connection. If it's not the right fit, we'll help you find options that feel better aligned.

Your first appointment is not a test.

It's a beginning — *one built on relationship, regulation, and collaboration.*

You don't have to prepare perfectly.

You just have to show up.