

Seeing a therapist: Tales vs. truths

One OSF behavioral health provider is debunking myths about mental health care so you can get the most out of your therapy sessions

ANCHOR LEDE

Mental health care starts with a first step, but that first step can be intimidating.

Susan Hanson, a psychotherapist at OSF HealthCare, is debunking misconceptions about therapy so you can feel comfortable and get the most out of your care.

TAKE VO

Hanson says a therapy session is a safe, confidential place for you to vent.

You might get medication, but that's not a cure-all.

And another misconception, Hanson says, is that therapy will be a quick fix.

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Susan Hanson

OSF HealthCare psychotherapist

"Therapy is not a straight road. I like to see it like a dance. Two steps forward, one step back. I also tell my clients that this bridge will take you halfway there. The rest, you walk alone. There's only so much any one person can do for another person. We need to learn how to develop some of the skills outside of a therapy session." (:25)

VO TAG

Common goals Hanson has with patients include reframing thoughts around a negative situation and reducing anxiety.

The OSF HealthCare website has free tools to help your mental health.