

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

SOT

Susan Hanson

OSF HealthCare psychotherapist

"People quickly learn it's a safe place to talk about trials, tribulations and conflicts. It's a very warm and inviting place." (:12)

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"Some people can come in and have a quick fix. Maybe they're nervous about moving. Or they have test-taking anxiety, and we can work through skills for that. But many other people have more complex trauma that might take longer to work through." (:15)

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"Sometimes medication is appropriate if there's a biological basis [an issue innate within someone's body, in other words], complex trauma or a diagnosis like ADHD or major depression. The medication can help *enhance* the talk therapy." (:14)

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"Reframing thoughts around a certain situation can be a good goal. Learn positive word choices. Rewrite the story around a situation." (:14)

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"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)