

# **FAQ**

## **Confidentiality**

The sharing by the client during the therapy session will be confidential; except in situations whereby there is probable ideation by the client to self-harm or cause danger to other(s), the authorities will then be notified.

Unless above circumstances, the client's confidentiality will be respected; and there will also be written recordings of all sessions.

## **Number of Sessions**

As each client's experiences are fluid, there is no hard and fast rule for the number of sessions for therapeutic relief. With varying considerations such as the nature of the difficulty, type of intervention, client's motivation level and goals; in general, studies have shown that 50% of clients demonstrate noticeable improvement after 8 sessions; while 75% of individuals improve after a 6-months-period (APA, 2010). Therapeutic effect is most effective when therapy sessions are attended more regularly (APA, 2010); preferably weekly in the beginning of therapy.

## **Intervention**

During the initial visit, the client and psychologist will review the necessary guidelines for therapy; such as, consent for therapy and limits for confidentiality. The client should have a prepared mindset for sharing as much as they are comfortable with, so as to work together towards effective outcomes in therapy.

In the beginning, the psychologist will collect pertinent background information so as to assist in therapeutic outcomes for the client. The strategized plan for therapy will engage the client's willingness, openness and readiness.

Every client's therapy goals will be tailored to individual needs. The intervention strategy will guide the client on their path to acceptable outcomes that they agree to achieve.