

Frequently Asked Questions About Psychotherapy, Counseling and Treatment

What is psychotherapy?

Psychotherapy treatment involves listening and talking, and understanding the relationship between your child and others involved in his or her life. Each psychotherapy session provides the opportunity for your child to find space to tell their story, find solutions, and make the changes desired. Mary Alice will help your child to establish a safe, healing environment so that he or she can discuss issues and make progress on their goals.

Will it work for my child?

Many people feel a great deal of benefit from psychotherapy, some even after comparatively few meetings. Like any other treatment or life experience, psychotherapy may not be suitable for everyone. Each individual has to make up their own mind about whether therapy is helpful for them. The initial consultations aim to help people think about this, in collaboration with a therapist. Clinical experience shows that if you are motivated and set yourself realistic goals, psychotherapy is likely to be of great benefit.

Do you take insurance?

Mary Alice participates directly with BlueCross BlueShield and all 5 Bayou Health Plans. For all other insurance companies, she will furnish you with a receipt of each session, which you may use for insurance reimbursement (out of plan) or tax purposes. She chooses to work outside of most managed care companies to protect your child's confidentiality and to give you the ultimate control over the course of your child's therapy sessions and treatment.

Does it mean that my child is 'ill' if they are in psychotherapy?

Regardless of how your child was referred, psychotherapy aims to treat people with issues of personal development which may have developed recently, or may have developed over many years, sometimes right from early childhood. The aim in psychotherapy is to look more deeply into the emotions, conflicts, and distress behind these diagnoses. Psychotherapy does not mean that your child is ill. Think of it as an important part of human education — for your child to understand and resolve their drives, motives, behaviors, and relationships better.

How often are the sessions?

Most psychotherapy is once weekly or twice each month.

What benefit should my child feel afterwards?

Research has shown that psychotherapy is effective in reducing symptoms, improving relationships and self esteem. However, as each person is an individual it is difficult to generalize ,at the beginning, as to which benefits a person may feel. The exploration and the journey is often as important as the goal.

Does it usually work?

A great deal of research has been done in the last few years to demonstrate that psychotherapy is effective. However, it only works as a catalyst with the person undergoing treatment. This means that in order to be effective, the “work” is not done to your child – but by your child and with your child.

How will my child feel during therapy?

Therapy sometimes requires an uncovering of painful feelings and memories. This can be experienced as a relief, but it may also stir up uncomfortable feelings. Keep your therapist informed about your child’s experience as he or she goes through their sessions.

How do I get started?

To set up a first session, call the office number: 985 714 4413 or email: mafuhrer@att.net