

what to talk about in therapy

What to Talk About in Therapy: Unlocking Meaningful Conversations for Personal Growth

what to talk about in therapy can sometimes feel like a daunting question, especially for those new to the experience. Therapy is a unique space designed for self-exploration, healing, and growth, but knowing where to start or what topics to bring up doesn't always come naturally. Whether you're attending therapy to manage stress, address mental health concerns, or simply to better understand yourself, having a sense of what to discuss can make sessions more productive and fulfilling. Let's explore how you can approach this important question and make the most of your time in therapy.

Understanding the Purpose of Therapy Sessions

Before diving into specific topics, it's helpful to recognize that therapy is a collaborative process. Your therapist is there to guide and support, but what you bring to the table shapes the journey. Therapy isn't just about talking—it's about uncovering patterns, emotions, and beliefs that influence your life. This means that what you talk about in therapy can range widely, from daily struggles to deep-seated issues.

Why Openness Matters

Being open and honest in therapy fosters trust and allows your therapist to understand your experiences fully. Sometimes, clients worry about saying "the right thing" or feel embarrassed by certain thoughts or feelings. Remember, therapy is a judgment-free zone. Expressing your true feelings—even if they seem confusing or uncomfortable—can lead to breakthroughs and new insights.

Common Topics to Discuss in Therapy

If you're wondering what to talk about in therapy, it's useful to know that many people find value in discussing areas that impact their emotional and mental well-being. Here are some common themes that often emerge during sessions:

Mental Health Symptoms and Challenges

One of the most straightforward things to talk about is any symptoms you're experiencing, such as anxiety, depression, mood swings, panic attacks, or obsessive thoughts. Sharing these experiences helps your therapist understand your current state and tailor their approach accordingly.

Relationship Issues

Relationships—whether romantic, familial, or friendships—are often a rich area for discussion. You might talk about conflicts, communication difficulties, boundaries, or feelings of loneliness. Exploring these dynamics can provide clarity and strategies for healthier connections.

Life Transitions and Stressors

Major life changes like moving, career shifts, or loss can trigger emotional upheaval. Therapy is a safe place to process these transitions, discuss coping mechanisms, and adjust to new realities.

Past Experiences and Trauma

Sometimes, what to talk about in therapy involves revisiting painful memories or past traumas that continue to affect your present. Working through these experiences with professional support can be transformative and healing.

Personal Growth and Self-Discovery

Therapy isn't only about fixing problems. It can also be a space to explore your values, goals, and identity. You might discuss your strengths, aspirations, or areas where you want to grow emotionally or spiritually.

How to Decide What to Talk About in Therapy

Not everyone finds it easy to open up immediately. If you're unsure where to start, here are some strategies to help guide your conversations:

Reflect on Your Current Feelings

Take a moment before your session to check in with yourself. What emotions or thoughts have been most present lately? Are there any recurring worries or situations that cause distress? Bringing these observations to therapy can provide a natural starting point.

Keep a Journal or Notes

Writing down your experiences between sessions can help you track patterns or identify topics worth exploring. It also ensures you won't forget important points during your conversation.

Set Intentions for Each Session

Having a loose agenda or goal for what you want to achieve can focus the discussion. For example, you might decide to explore coping strategies for stress or to understand a particular relationship better.

Ask Your Therapist for Guidance

Therapists are trained to help you uncover meaningful topics. If you feel stuck, simply asking “What should I talk about today?” can open up new directions and help you feel more comfortable.

Exploring Deeper Themes: Beyond the Surface

While discussing immediate struggles is essential, therapy also invites you to explore deeper layers of your psyche. This might include:

Unpacking Core Beliefs and Thought Patterns

Our beliefs about ourselves and the world shape behavior and emotions. Therapy can help identify limiting or distorted thought patterns, such as feeling unworthy or fearing rejection, and work toward healthier perspectives.

Emotional Awareness and Regulation

Many people realize in therapy that they have difficulty recognizing or managing emotions. Talking about what you feel, when you feel it, and how you respond can improve emotional intelligence and resilience.

Exploring Identity and Purpose

Questions about who you are, your cultural background, gender identity, or life purpose often come up in therapy. These conversations support a richer understanding of self and help align your life with your authentic values.

Practical Tips for Making Therapy Conversations More Effective

To make therapy sessions as beneficial as possible, consider these helpful tips:

- **Be Patient with Yourself:** It's normal to feel awkward or unsure at first. Building rapport and trust takes time.
- **Bring Specific Examples:** Sharing particular incidents or feelings can clarify abstract emotions.
- **Don't Censor Your Thoughts:** Even seemingly random or trivial thoughts may reveal important insights.
- **Be Honest About Your Progress:** Discuss what's working and what isn't to adapt your therapy goals.
- **Use Therapy as a Practice Ground:** Try out new ways of communicating or coping during sessions before applying them in real life.

When You Feel Stuck: Navigating Difficult Moments in Therapy

There may be times when you feel stuck or unsure about what to talk about in therapy. This is completely natural. Therapy is not a linear process, and progress can ebb and flow.

Recognizing Resistance

Sometimes, resistance arises because facing certain topics is painful or overwhelming. If you notice avoidance or discomfort, you can bring this observation to your therapist. They can help gently explore these feelings at a pace that feels safe.

Using Silence and Reflection

Not every moment needs to be filled with words. Pausing to reflect or even sitting with silence can be powerful. It allows your mind to process and may lead to new realizations.

Making Therapy Your Personal Space

Ultimately, therapy is your space to be heard, validated, and supported. What you talk about should reflect what matters most to you. Whether you focus on mental health symptoms, relationship challenges, personal growth, or deeper emotional exploration, each conversation is a step toward

greater self-understanding and well-being.

Approaching therapy with openness, curiosity, and a willingness to explore can transform what initially feels like an intimidating question—what to talk about in therapy—into a rewarding dialogue that nurtures healing and growth.

Frequently Asked Questions

What are some common topics to discuss in therapy?

Common topics include personal relationships, stress management, mental health symptoms, past trauma, and coping strategies.

How do I know what to talk about in my therapy sessions?

It's helpful to start with what feels most pressing or troubling in your life, such as difficult emotions, recent events, or ongoing challenges, and your therapist can guide the conversation.

Is it okay to talk about everyday life issues in therapy?

Yes, discussing everyday life issues like work stress, family dynamics, or daily habits can provide important context and help you develop practical coping skills.

Can I talk about my goals and expectations in therapy?

Absolutely. Sharing your goals and what you hope to achieve helps your therapist tailor the sessions to your needs and track your progress.

What if I don't know what to talk about during therapy?

It's normal to feel unsure. You can mention this to your therapist, who can use questions and techniques to help you explore your thoughts and feelings.

Additional Resources

What to Talk About in Therapy: Navigating the Path to Mental Wellness

What to talk about in therapy is a question that often arises for individuals stepping into the counseling room for the first time or returning after a break. Therapy sessions can be a profound opportunity for self-exploration, healing, and growth, yet the uncertainty about which topics to address can sometimes hinder the process. Understanding the scope of therapeutic conversations and how to prioritize them is essential for maximizing the benefits of mental health treatment.

Therapy is a highly personalized experience, and the dialogue within sessions can vary widely depending on the individual's needs, the therapist's approach, and the goals set. Commonly, people wonder if they should focus on immediate problems, past traumas, emotional regulation, or

relationship dynamics. This article delves into the nuances of therapeutic topics, offering a professional perspective on what to discuss in therapy and why these subjects matter.

Understanding the Therapeutic Framework

Before exploring specific topics, it's helpful to recognize that therapy operates within a framework of collaboration between the client and therapist. The process is not just about recounting life events but about interpreting experiences, emotions, and behaviors to foster insight and change. Therefore, what to talk about in therapy often aligns with areas where you feel stuck, distressed, or eager to grow.

Mental health professionals typically encourage clients to bring up issues that cause distress or confusion, whether these are current life stressors, patterns from childhood, or recurring emotional challenges. The goal of therapy is to create a safe, confidential space where vulnerability is met with empathy and professionalism.

Common Themes to Explore in Therapy

When considering what to talk about in therapy, some universal themes emerge across different therapeutic modalities and client backgrounds:

- **Emotional Health:** Discussing feelings such as anxiety, depression, anger, or grief helps in gaining emotional clarity and learning coping mechanisms.
- **Relationship Issues:** Whether addressing family dynamics, romantic partnerships, or workplace conflicts, relationships often form a core component of therapeutic work.
- **Trauma and Past Experiences:** Processing traumatic events or adverse childhood experiences can be vital for healing and breaking negative cycles.
- **Self-Identity and Self-Esteem:** Conversations about self-worth, identity struggles, and personal values support deeper self-understanding.
- **Life Transitions:** Navigating major changes such as career shifts, relocation, or loss may require therapeutic guidance.

These themes provide a foundational starting point. However, therapy is not limited to problems alone; it can also be a space for exploring strengths, aspirations, and personal development.

Strategies for Identifying What to Talk About in

Therapy

For many, the prospect of opening up in therapy can feel daunting, compounded by uncertainty about where to begin. Employing thoughtful strategies can help clients prioritize topics effectively.

Reflect on Your Current Challenges and Goals

Begin by assessing what areas of your life feel most problematic or where you feel overwhelmed. Are there specific incidents or ongoing patterns causing distress? Equally important is clarifying what you hope to achieve through therapy—whether it's symptom relief, improved relationships, or increased self-awareness.

Use Journaling or Thought Logs

Keeping a journal of thoughts, emotions, and events between sessions can provide valuable material to bring to therapy. This practice not only aids memory but also uncovers themes that might otherwise be overlooked.

Discuss Therapy Structure with Your Therapist

A professional therapist often guides the conversation and can assist in identifying key issues. Be open about your uncertainties; asking your therapist for input on what to focus on can foster a collaborative environment and ensure sessions are productive.

Balancing Past, Present, and Future Topics

A common consideration in therapy is whether to concentrate on past experiences or current issues. Both angles have merit and often intertwine in meaningful ways.

Exploring Past Experiences

Many therapeutic approaches, such as psychodynamic therapy, emphasize understanding how early life experiences shape current behavior and emotions. Discussing formative events can reveal underlying causes of distress and promote healing.

Addressing Present-Day Challenges

Cognitive-behavioral therapy (CBT) and solution-focused therapies often prioritize present thoughts,

feelings, and behaviors. Talking about immediate stressors and developing practical coping skills can produce tangible improvements quickly.

Planning for the Future

Therapy can also be a space to set future goals, build resilience, and develop strategies for ongoing mental wellness. Conversations about aspirations and potential obstacles ensure therapy supports long-term growth.

Integrating Sensitive and Difficult Topics

Deciding to bring up sensitive topics such as trauma, substance use, or suicidal thoughts can be difficult but is often necessary for comprehensive care.

Creating a Safe Environment

Therapists are trained to handle sensitive disclosures with care and confidentiality. Establishing trust makes it easier to address difficult subjects that might be central to your healing journey.

Taking It at Your Own Pace

It's important to remember there is no rush to disclose everything at once. Therapy is a process, and sharing sensitive information gradually as comfort builds can be an effective approach.

Leveraging Therapy to Enhance Self-Awareness

Beyond problem-solving, one of therapy's core benefits is fostering self-awareness. Talking about patterns of thinking, emotional reactions, and interpersonal dynamics can illuminate unconscious habits that influence daily life.

Identifying Cognitive Distortions

Discussing automatic negative thoughts or cognitive distortions can help clients challenge unhelpful beliefs and reframe their perspective.

Exploring Emotional Responses

Understanding why certain emotions arise in specific contexts deepens emotional intelligence and improves regulation skills.

Examining Relationship Patterns

Therapy conversations often reveal recurring themes in how individuals relate to others, enabling the development of healthier interaction patterns.

The Role of Therapeutic Modalities in Guiding Conversation

Different therapy styles emphasize distinct conversation topics and methods:

- **Cognitive-Behavioral Therapy (CBT):** Focuses on thoughts and behaviors in the present moment.
- **Psychodynamic Therapy:** Explores unconscious processes and early experiences.
- **Humanistic Therapy:** Centers on self-actualization and personal growth.
- **Trauma-Informed Therapy:** Prioritizes safety and processing traumatic memories.
- **Solution-Focused Therapy:** Emphasizes goal-setting and future-oriented strategies.

Understanding the theoretical orientation of your therapist can provide insight into what topics may be more emphasized and how sessions might unfold.

Maximizing Therapy Sessions: Tips for Effective Communication

To optimize what you talk about in therapy, consider these practical tips:

1. **Prepare Ahead of Sessions:** Reflect on recent experiences or emotions you want to discuss.
2. **Be Honest and Open:** Transparency fosters trust and meaningful progress.
3. **Ask Questions:** Inquire about therapeutic processes or seek clarification when needed.
4. **Provide Feedback:** Share what is or isn't working for you in therapy to adjust the approach.

5. **Set Priorities:** Focus on the most pressing issues if time is limited.

Such active participation enhances the therapeutic alliance and increases the likelihood of beneficial outcomes.

Navigating what to talk about in therapy involves balancing personal readiness, therapeutic goals, and the professional guidance of a mental health expert. Through thoughtful exploration of emotions, relationships, past experiences, and future aspirations, therapy becomes a powerful tool for fostering resilience and well-being. Each session is an opportunity to deepen understanding and build the skills necessary for a healthier, more fulfilling life.

What To Talk About In Therapy

what to talk about in therapy: *What Therapists Say and Why They Say It* Bill McHenry, Jim McHenry, 2015-02-11 *What Therapists Say and Why They Say It*, 2nd ed, is one of the most practical and flexible textbooks available to counseling students. The new edition includes more than one hundred techniques and more than a thousand specific therapeutic responses that elucidate, in the most concrete possible way, not just why but how to practice good therapy. Transcripts show students how to integrate and develop content during sessions, and practice exercises help learners develop, discuss, combine, and customize various approaches to working with clients. The second edition is designed specifically for use as a main textbook, and it includes more detailed explanations of both different counseling modalities and the interaction between techniques and the counseling process—for example, the use of Socratic and circular questions within the art therapy process. *What Therapists Say and Why They Say It*, 2nd ed, is also designed to help students make clear connections between the skills they learn in prepracticum and practicum with other courses in the curriculum—especially the 8 core CACREP areas.

what to talk about in therapy: *Anxiety* Adams Media, 2012-05-01 If you or a family member is suffering from anxiety, you may feel overwhelmed by the challenges associated with this condition. The Everything® Healthy Living Series is here to help. These concise, thoughtful guides offer the expert advice and the latest medical information you need to manage your pain and lead a healthy life. Inside you'll find expert advice and helpful tips on understanding anxiety, seeking help from therapist and support groups, finding the best medications and treatments, and thoughtful advice on helping family and friends understand your condition. Living with depression can be challenging, but with the right guidance you can live a happy and healthy life.

what to talk about in therapy: *Speech Sound Disorders* Ken Mitchell Bleile, 2018-12-17 *Speech Sound Disorders: For Class and Clinic*, Fourth Edition offers a readable and practical guide to the care of speech sound disorders, emphasizing evidence-based principles and procedures that underlie almost all clinical approaches, making this an ideal choice for a wide variety of undergraduate and graduate courses. Nearly twenty-five percent of the chapters offer hands-on analyzes of speech samples from real children. The PluralPlus companion website contains dozens of downloadable assessment and treatment resources for both students and professionals. For an instructor, *Speech Sound Disorders* provides clear discussions of the connection between speech development and clinical decision making, consistent formatting across chapters, sample syllabi, options for PowerPoint presentations, and hundreds of review questions and learn by doing

exercises for in-class activities and homework assignments. Key Features: Each chapter begins with learning objectives and key words, and ends with conclusions and review questions Readable and practical discussions of complex clinical topics Coverage of speech sound disorders from infants through adults Clear link between speech development and clinical decision making Emphasis on underlying principles and procedures New to the Fourth Edition: Stronger links between speech development and treatment Invited chapters on AAC, bilingualism, speech production, and speech perception Five learn by doing chapters with speech exercises from real children 40 exercises based on speech samples from real children Practical, hands-on discussion of assessment Speech Sound Disorders: For Class and Clinic, Fourth Edition is virtually a new book, about eighty percent updated and revised, with a new title and new contributors. The new title reflects changes in the profession and the new contributors add their expertise in language, language variations, speech production and perception, and assistive technology. Disclaimer: Please note that ancillary content (such as documents, audio, and video, etc.) may not be included as published in the original print version of this book.

what to talk about in therapy: Simple Somatic Practices for Nervous System Relief

KELLIE SCHEFFER, 2025-05-30 Are you constantly anxious, emotionally overwhelmed, or physically tense but don't know how to turn it off? You're not broken. Your nervous system is just trying to protect you. In today's world, many of us are stuck in a state of chronic stress or trauma without realizing it. We live in bodies that feel unsafe, tense jaws, shallow breath, racing hearts while trying to think our way to peace. But healing doesn't start in your head. It begins in your body. Simple Somatic Practices for Nervous System Relief is a trauma-sensitive, science-informed, and holistic guide to gently reconnecting with your body, regulating your nervous system, and creating real, lasting relief. Whether you're living with anxiety, past trauma, chronic stress, or emotional burnout, this book offers a compassionate path to feeling safe, steady, and empowered in your own skin. □ What You'll Discover Inside: □ 5-Minute Reset Routines — quick tools to ground yourself morning, midday, and night, or in moments of panic □ Science-Based Somatic Practices — explore breathwork, tremor release, safe touch, trauma-informed movement, and more □ Gentle Trauma Integration — learn how to pendulate, titrate, and reclaim safety in your body without overwhelm □ Holistic Nervous System Support — healing foods, herbs, supplements, and sleep rhythms that nourish your body's ability to recover □ The 28-Day Somatic Reset Plan — a progressive, week-by-week roadmap to reconnect, regulate, release, and rebuild □ This Book is For You If: You struggle with anxiety, trauma, or emotional overwhelm You've tried talk therapy but still feel disconnected from your body You want real tools you can use in the moment when you feel dysregulated You crave a compassionate, body-based approach that's grounded in science and holistic wisdom You're new to somatics, or want to deepen your healing with clear, adaptable routines You don't need fancy tools or hours of free time. What you need is a simple, body-based path back to safety — one breath, one movement, one practice at a time. What Makes This Book Different? Unlike many healing books that rely on dense theory or overwhelming routines, this guide is designed to be accessible, practical, and flexible. You'll get short and long practice options, disability-inclusive modifications, and trauma-aware guidance throughout. Each chapter is infused with the latest neuroscience, gentle movement, emotional resourcing, and holistic care. Whether you're at the beginning of your healing journey or looking for deeper tools to support the progress you've made, Simple Somatic Practices for Nervous System Relief will meet you where you are and walk with you toward where you want to be. You deserve to feel safe in your body again. Let this book be your guide.

what to talk about in therapy: The Complete Idiot's Guide to Psychology Joni E. Johnston, 2003 Covering such hot topics in psychology as the mind-body connection, drugs and new therapy treatments, new information on the role of genetics in personality development, and the impact of 9/11 on individual mental health, this is the new edition of the popular introduction to psychology-with expanded information on such great thinkers as Carl Jung, Erik Erikson, and B.F. Skinner.

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1995-01-01 Covers academic life, financial matters, health, sexuality, security issues, job hunting, and other areas as they relate to the experiences of women undergraduates

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what to talk about in therapy: What Went Right Eileen Bailey, Michael G. Wetter, 2016-07-27 Learn to change the self-critical stories in your mind and rewire your brain so that you gain the self-confidence to build more fulfilling relationships, careers, and social life. Since childhood, our experiences and interactions have shaped the running narrative of who we are and how we view ourselves. When those interactions are painful, many of us have a tendency to internalize the negativity, translating mean or selfish messages given to us by family, friends, or teachers during our youth into truths about who we are—our flaws, failures, and shortcomings. Through practical and easy-to-understand principles and techniques, What Went Right teaches you to recognize and intervene on self-defeating thought processes and uncover your core beliefs about who you really are. Through these exercises, you will learn how your thoughts drive feelings that influence your behaviors. By changing your thinking, you can unlock self-affirming feelings and actions needed to create your new life story and become the person you want to be.

what to talk about in therapy: What Doesn't Kill You Tessa Miller, 2025-09-23 Should be read by anyone with a body. . . . Relentlessly researched and undeniably smart. — The New York Times Named one of BuzzFeed's Best Books of 2021 What Doesn't Kill You is the riveting account of a young journalist's awakening to chronic illness, weaving together personal story and reporting to shed light on living with an ailment forever. Tessa Miller was an ambitious twentysomething writer in New York City when, on a random fall day, her stomach began to seize up. At first, she toughed it out through searing pain, taking sick days from work, unable to leave the bathroom or her bed. But when it became undeniable that something was seriously wrong, Miller gave in to family pressure and went to the hospital—beginning a years-long nightmare of procedures, misdiagnoses, and life-threatening infections. Once she was finally correctly diagnosed with Crohn's disease, Miller faced another battle: accepting that she will never get better. Today, an astonishing three in five adults in the United States suffer from a chronic disease—a percentage expected to rise post-Covid. Whether the illness is arthritis, asthma, Crohn's, diabetes, endometriosis, multiple sclerosis, ulcerative colitis, or any other incurable illness, and whether the sufferer is a colleague, a loved one, or you, these diseases have an impact on just about every one of us. Yet there remains an air of shame and isolation about the topic of chronic sickness. Millions must endure these disorders not only physically but also emotionally, balancing the stress of relationships and work amid the ever-present threat of health complications. Miller segues seamlessly from her dramatic personal experiences into a frank look at the cultural realities (medical, occupational, social) inherent in receiving a lifetime diagnosis. She offers hard-earned wisdom, solidarity, and an ultimately surprising promise of joy for those trying to make sense of it all.

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what to talk about in therapy: Junk Science D. P. Agin, 2006-10-03 An overdue indictment of government, industry, and faith groups that twist science for their own gain. During the next thirty years, the American public will suffer from a rampage against reason by special interests in government, commerce, and the faith industry, and the rampage has already begun. In Junk Science,

Dan Agin offers a response--a stinging condemnation of the egregious and constant warping of science for ideological gain. In this provocative, wide-ranging, and hard-hitting book, Agin argues from the center that we will pay a heavy price for the follies of people who consciously twist the public's understanding of the real world. In an entertaining but frank tone, Agin separates fact from conveniently scientific fiction and exposes the data faking, reality ignoring, fear mongering, and outright lying that contribute to intentionally manufactured public ignorance. Many factions twist scientific data to maintain riches and power, and Agin outs them all in sections like these: --Buyer Beware (genetically modified foods, aging, and tobacco companies) --Medical Follies (chiropractics, health care, talk therapy) --Poison and Bombs in the Greenhouse (pollution, warfare, global warming) --Religion, Embryos, and Cloning --Genes, Behavior, and Race We already pay a heavy price for many groups' conscious manipulation of the public's understanding of science, and Junk Science arms us with understanding, cutting through the fabric of lies and setting the record straight.

what to talk about in therapy: What I Wish I'd Known Kristi Hugstad, 2017-06-16 In *What I Wish I'd Known: Finding Your Way through the Tunnel of Grief*, Grief Recovery Specialist Kristi Hugstad shares how she reached a state of happiness and inner peace after her husband's suicide—and how you can find your balance after a devastating life event too. She provides readers with all the tools they will need for grief recovery which include self-care, how to change their thinking, and how to learn to trust again. She inspires many to move forward in their time of grief.

what to talk about in therapy: Pastoral Counseling:Where One Encounters the Enormity of God's Love Gerald V. Miller, 2022-08-05 The pastoral counselor brings God's presence to the counseling session. The counselor radiates God's enormous unconditional love and forgiveness to the client. Clients come in because they are spiritually broken and prey to the allies of darkness—fear of abandonment from God and those they love, resentment, frustration, anxiety, and callousness. He is the prodigal son. Through empathy, compassion, and counseling skills, the pastoral counsel connects them to the God who runs to meet him with joy, throws his arms around him, kisses him, forgives him, and makes him psychologically and spiritually whole again by giving him the signet ring. The pastoral counselor's role is to facilitate this occurrence.

what to talk about in therapy: What My Bones Know Stephanie Foo, 2022-02-22 NEW YORK TIMES BESTSELLER • A searing memoir of reckoning and healing by acclaimed journalist Stephanie Foo, investigating the little-understood science behind complex PTSD and how it has shaped her life “Achingly exquisite . . . providing real hope for those who long to heal.”—Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* ONE OF THE BEST BOOKS OF THE YEAR: The Washington Post, Cosmopolitan, NPR, Mashable, She Reads, Publishers Weekly By age thirty, Stephanie Foo was successful on paper: She had her dream job as an award-winning radio producer at *This American Life* and a loving boyfriend. But behind her office door, she was having panic attacks and sobbing at her desk every morning. After years of questioning what was wrong with herself, she was diagnosed with complex PTSD—a condition that occurs when trauma happens continuously, over the course of years. Both of Foo's parents abandoned her when she was a teenager, after years of physical and verbal abuse and neglect. She thought she'd moved on, but her new diagnosis illuminated the way her past continued to threaten her health, relationships, and career. She found limited resources to help her, so Foo set out to heal herself, and to map her experiences onto the scarce literature about C-PTSD. In this deeply personal and thoroughly researched account, Foo interviews scientists and psychologists and tries a variety of innovative therapies. She returns to her hometown of San Jose, California, to investigate the effects of immigrant trauma on the community, and she uncovers family secrets in the country of her birth, Malaysia, to learn how trauma can be inherited through generations. Ultimately, she discovers that you don't move on from trauma—but you can learn to move with it. Powerful, enlightening, and hopeful, *What My Bones Know* is a brave narrative that reckons with the hold of the past over the present, the mind over the body—and examines one woman's ability to reclaim agency from her trauma.

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what to talk about in therapy: Tarot Therapy Leona Nichole Black, 2023-06-13 Bring connection and purpose to your life through the wisdom of tarot Tarot Therapy is practical toolkit for understanding your life more fully through the wisdom of the tarot. Tarot therapist Leona Nichole Black, guides readers through every aspect of daily life—from love and relationships, to careers and social impact—using the major arcana a source of inspiration and guidance. The process is intuitive and immersive, a unique and powerful way of finding mental clarity, processing life experiences, and giving voice and language to your emotions. Throughout Tarot Therapy you’ll find personalized prompts, meditations, and tarot spreads that will empower you to: - Read the map of your life's journey - Hear the wisdom of your inner-voice - Take time to heal and grow - Make life-changing decisions - Reveal your talents to the world Tarot Therapy is a reflective guide that will help you deepen and strengthen your most important relationship—the one you have with yourself.

what to talk about in therapy: Eating Disorders Justine J. Reel, 2018-05-10 This encyclopedia offers a variety of resources for readers interested in learning more about eating disorders, including hundreds of reference entries, interviews, scholarly debates, and case studies. While many people may reflexively imagine an anorexic or bulimia teenage girl upon being asked to think about eating disorders, eating disorders are a form of mental illness that can take many forms and affect individuals of all genders, ages, and ethnic backgrounds. In fact, an estimated eight million people in the United States struggle with an eating disorder, making eating disorders one of the most prevalent forms of mental illness in America. This two-volume encyclopedia comprehensively examines eating disorders as the forms they can take; their causes and potential complications; and how they can best be treated and prevented. It also examines the influence had by cultural factors such as the fashion industry, television and movies, and social media. More than just a simple A-to-Z reference, Eating Disorders: Understanding Causes, Controversies, and Treatment also includes valuable features such as Q&A interviews with those affected by and working to combat eating disorders, case studies, scholarly essays that voice opinions in key debates, and a directory of resources for individuals seeking help.

what to talk about in therapy: Adult ADHD Treatment: The Pros And Cons Ashley Bell, 2013-07-27 Adult ADHD Treatment: The Pros And Cons is a book that is well suited for those who may be suffering from adult ADHD or may have persons in their family that suffer from the condition. The disease can affect every aspect of an individual's life and as such it is imperative that as much information as possible be learned about the subject matter. This text provides that and more. The author starts out by giving an overview of what adult ADHD is and also highlights the various types of the disease. She then goes on to highlight the various methods of treatment that are currently available for the condition. The book is a viable resource of information and is well suited for home use. The solutions outlined are clear as are the various side effects that come with using various medications. About the Author: Ashley Bell has always been interested in the way that certain diseases affect individuals. One of her interests is adult ADHD as there are members in her family that suffer from that condition. She found that she had to read quite a number of books just to get the information she wanted. After thinking about what she had to go through, she made the decision to put together all the information that anyone could need in one simple book. The aim that Ashley has is to ensure that anyone seeking information on ADHD in adults will have no challenges

finding the information that they want. Contrary to what many believe, it is not a condition that is to be taken lightly as the effects that this condition can have on an individual are extremely detrimental to their overall well-being.

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