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How To Get What You Want Out of Therapy: A simple guide to finding a therapist who is a good match for you and getting more value out of your therapy sessions.

Anna M. Charbonneau PhD

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Thinking about going to therapy for the first time, but not sure how to start? Or, have you already been to therapy, but felt like it didn’t help?

If so, this book is especially for you. So many of us struggle, alone, wanting to change but at a complete loss as to how to start. The purpose of this book is to bridge the gap between feeling like “something needs to change” and connecting you to resources that are a good match and will actually help you with the problem at hand.

In this book, I’ll guide you through learning about different types of therapists, how to find a therapist who is a good match for you, and identifying what a healthy relationship with a therapist should look like. This book also includes concrete steps on how to get started, how to search for a therapist, what to say when calling to make a first appointment, and what to say to your therapist if therapy isn't going well.

If you’re feeling ready to take the next step to get connected with therapy, this is the book for you.

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