
Intention Setting

Seeking therapy is one decision of many. It can be useful to identify your “budget,” such as money, time, attention, and energy. This activity helps you plan for the logistics of incorporating therapy into your life. Reflect on the prompts below.

FINANCE

Consider whether you have certain helpful financial resources, such as health insurance coverage or an Employee Assistance Program. Know that private pay (paying for therapy without using coverage/benefits) can cost upwards of \$150-250 per 50-minute session, depending on your region.

Taking into account your overall financial picture, how much money are you willing to put toward therapy sessions on a monthly budget? That will determine whether you need to find someone in-network, consider changing the frequency of sessions, looking for community mental health clinics or asking about sliding scale options.

Make a decision that fits you and your needs, knowing that you can change your mind and think through different options in the future.

TIME

In terms of scheduling, finding an hour in your week is certainly a big component of timing. However, it can also take into account when you are able to focus and dedicate time to introspection and reflection. Going from fast-paced meetings suddenly to therapy, then back

to work can be jarring.

Look over your weekly schedule and note open times that you could potentially fit in an hour long session. Then consider what times you are able to find a private space to take the call in or travel to an in-person session. Finally, also consider when you would be able to mentally switch to focusing on your internal world and the process of thinking and feeling deeply.

ENERGY

Besides the time spent within the therapy session, reflecting, integrating, or practicing things from the session are integral to fostering change. Consider when you might have time to mull on the previous session, or to put skills into practice. It might be a few moments of quiet before bed, taking the time in the shower to turn your thoughts to reflection, or as you're driving or walking.

Which moments can you dedicate to your therapy preparation and integration?

ATTENTION

Amongst so many demands for our attention, it can be hard to block out dedicated time for you to turn your whole attention towards therapy and self-reflection. Consider if there are helpful environmental changes you can make to help direct your attention and set your intentions. Maybe that means moving to a particular space that is more comfortable, with relaxing details in the room. Maybe that means turning off screens and notifications and taking a few deep breaths before a session or moment for reflection.

Consider what aspects of your environment can help you direct your attention to therapy and therapeutic efforts.
