

## What factors should you consider when looking for a psychotherapist?

**A Reliable Relationship:** You ought to feel at ease and secure with your therapist. This individual should be someone who listens without bias and genuinely understands you.

**Qualifications:** Ensure that the therapist is certified and trained in the specific type of therapy that aligns with your needs.

**Clear Communication:** An effective therapist will assist you in establishing goals and offering guidance, but always at a pace that feels comfortable for you.

**Ethical Care:** Your therapist must consistently honor your boundaries and maintain the confidentiality of sessions.

**Gradual progress:** While therapy can be difficult at times, with persistence, you should gradually become better, stronger, and more optimistic about the future.

Scan the QR code to arrange an appointment with one of our available licensed psychotherapists.



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Informational Brochure

What is  
Psychotherapy?

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# What is Psychotherapy?

Psychotherapy, commonly referred to as talk therapy, is a supportive and restorative process in which individuals collaborate with a qualified psychotherapist to gain deeper insights into themselves, tackle life challenges, and discover healthier coping mechanisms. It provides a secure environment to examine your emotions, thoughts, and experiences with a professional who will genuinely listen and assist you in achieving positive transformation.



## How does psychotherapy work?

**Understanding Your Narrative:** Your therapist will assist you in examining your emotions—be it stress, sadness, relationship challenges, or other concerns—and in comprehending their origins. This is a gradual journey.

**Identifying Patterns:** Together, you examine patterns in your thoughts and behaviors that may be hindering your progress or contributing to stress.

**Acquiring New Tools:** Occasionally, practical tools and techniques can be utilized to regulate emotions, handle stress, and enhance resilience.

# What contributes to the effectiveness of psychotherapy?

Scientific studies indicate that psychotherapy is effective because of several fundamental elements that enhance its efficacy:

## The Relationship with your Therapist

A solid connection between you and your therapist is one of the key factors that contribute to the effectiveness of therapy. When you experience a sense of safety and understanding, you are more likely to express your feelings openly, which significantly aids in your progress. Studies indicate that this trusting relationship greatly influences your overall well-being following therapy.

## Compassion and Optimism

A skilled therapist will not only listen but will also genuinely strive to comprehend your experiences. This empathy fosters a feeling of being heard and supported, instilling hope that improvement is possible. This sense of hope is crucial to your recovery.



## Collaborating on objectives

In therapy, you collaborate with your therapist to establish goals and take actions that facilitate your progress. Whether it involves altering negative thoughts or enhancing relationships, this joint effort significantly impacts your journey.

References:

Wampold, B. E. (2015). The significance of common factors in psychotherapy: A review. *World Psychiatry, 14*(3), 270-277.

