

THE BENEFITS OF TALK THERAPY

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Talk therapy, or psychotherapy, is an invaluable resource for improving our well-being and mental health. Through verbal techniques, such as open discussion of thoughts/emotions in a safe environment with the guidance of an expert practitioner, talk therapy can help reduce symptoms associated with psychological issues while cultivating vital coping skills to help combat life's difficulties.

According to Marian Margulies, Ph.D.—a psychologist based in New York City and featured by Forbes Magazine—talk therapy has the potential to truly enhance one's quality of life by empowering and transforming those who seek its assistance!

Now that you're intrigued about talk therapy, let's dive into its benefits as discussed by Dr. Margulies:

- **“A huge benefit of talk therapy is that its effects are long-lasting.”** When we suppress our feelings, it can lead to destructive thought patterns. Fortunately, talk therapy provides us with a safe environment in which to express and address such emotions so that long-term healing may be achieved (Forbes, 2014).



- **“You know you're not alone.”** One of the most valuable components of talk therapy is being able to interact with others who share similar experiences through group therapy or group sessions, as this provides much-needed emotional support and understanding. These therapeutic and supportive environments create an invaluable opportunity to learn and grow with like-minded individuals who are journeying toward the same goal of healing (Forbes, 2014).
- **“The positive gains continue and grow over time, as though some of the work gets further consolidated after therapy stops.”** Through talk therapy, you can gain insights that help boost your long-term mental health. By discussing past experiences, issues, and traumas while building strategies to cope with them in the future, you are empowering yourself to reclaim control of both your current and future well-being. This healthier mindset can stay, and even continue to improve, after sessions have finished (Forbes, 2014).

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- “...depression and anxiety are well known to have significant, and sometimes debilitating, physical effects.” Those struggling mentally often feel the physical effects of their mental health concerns, such as chronic muscle pain, headaches, insomnia, and stomach issues. Because talk therapy is designed to help improve your mental health, it often helps reduce the physical impact that mental health struggles can have on your body (Forbes, 2014).

If you or someone close to you is seeking support, know that there are options available, like talk therapy. Talk therapy provides personalized care tailored specifically for individual needs and situations, allowing those in need of help to gain the strength necessary to confront life's challenges with courage.



Because talk therapy is designed to meet each person's specific needs, how each person benefits will be slightly different, but if you or someone you know needs support, it is always okay to reach out for help. There is no shame in asking for advice, and we want to give a helping hand so every person can receive the guidance they deserve. Our team is ready to provide any assistance you may need on your journey toward well-being!



OUR PROGRAM

We are designed to meet the unique needs of older adults experiencing depression and/or anxiety.



ANYONE CAN REFER

Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.



WE ARE DEDICATED

We are your local mental health experts dedicated to improving the quality of life for the patients we serve.



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