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HOW WORKING WITH A THERAPIST CAN HELP YOU

By Natalie Carrière, MA, RP

A therapist:

- Offers new tools that can be used to increase and improve your coping skills;
- Provides validation of your experiences and emotional reactions;
- Provides a space to explore, reflect and process emotions and events so that you can make your own decisions and choose better responses;
- Offers a different perspective which is less subject to bias;
- Models a healthy relationship and boundaries; and
- Offers a safe space where you can test new behaviours, responses and ideas.