

About Psychotherapy

- **What is Psychotherapy?**

Through psychotherapy, people of all ages live happier, healthier and more fulfilling lives by learning how to deal with overwhelming emotions and distressing thoughts that might be causing them symptoms of anxiety, depression, problems eating or interacting with others. Some people's health suffers as well or they try to alleviate their symptoms by self-medicating with alcohol and drugs, falling into the path of addictions. In psychotherapy, people are able to identify underlying causes of feelings and behaviors and develop healthier, more effective ways to cope.

- **What are the different kinds of psychotherapy?**

Talk therapy offers a variety of types of therapies that can help you address your concerns and learn new ways to act and deal with life's challenges. Although there are several approaches to psychotherapy, I mostly used cognitive-behavioral therapy which helps you reframe thoughts that contribute to symptoms of depression and anxiety and dialectical behavioral therapy that pushes for positive behavioral change. I'm also trained in EMDR, a type of therapy proven to be effective for trauma and to change positive core beliefs. Acceptance and commitment therapy, as well as mindfulness

- **When should you consider psychotherapy?**

There are many misconceptions about therapy that prevents people to access services. Even if you believe some of the myths about therapy, I highly encourage you to try it for yourself. Psychotherapy can really help. Some of the signs that you could benefit from therapy include:

- You feel overwhelmed by feelings of sadness, fear and hopelessness.
- Overwhelming emotions don't seem to get better despite your efforts, time or things that you used to do before to feel better.
- Your feelings are affecting your relationships and your family and friends perhaps have said that they are concerned about you or that you have changed.
- You find it difficult to concentrate on school or work assignments and completing everyday activities seems overwhelming.
- You worry excessively and expect the worst feelings constantly on edge and emotionally drained.
- You're restricting meals, eating emotionally, drinking too much alcohol, using drugs or being aggressive with family and friends.
- You were diagnosed with a medical issue or might be experiencing a chronic illness or pain that is interfering with your emotional or physical well-being.
- You're not enjoying activities that you used to enjoy before and tend to isolate feeling like nobody would understand what you're going through.
- You're going through a divorce, facing an empty nest, feeling overwhelmed by the birth of a new child, a new job or grieving a family member's death.

- **Does someone need to be licensed to be a psychotherapist?**

Licensure laws are in place to ensure that psychotherapists are qualified to practice and provide quality services to the public. I'm a Licensed Mental Health Counselor (LMHC) and a National Certified Counselor (NCC). Psychotherapists cannot prescribe medications but can refer you to a psychiatrist who can provide such services. Psychotherapists and psychiatrists often work together to help clients find balance and guarantee their well-being.

- **How do I schedule a session?**

Please contact me directly to schedule a session. Our first session is typically one hour and we will talk about the main concerns that brought you to therapy and what you want to get out of your sessions. After identifying your goals for therapy we will discuss best times to meet and frequency of those meetings. HIPAA Forms and confidentiality, policies and procedures, and consent for treatment will also be discussed in the initial session.

- **Does Carolina take insurance?**

I don't participate in any insurance plans but will support you in the reimbursement process by providing you with a Superbill. A superbill is an itemized invoice with details including diagnostic codes to seek reimbursement from your insurance plan. If you have any questions, please don't hesitate to contact me directly.

- **Payment**

I accept cash, checks, and all major credit cards. Please be aware that sessions must be cancelled 24 hours in advance or the full fee will be charged.

If you have additional questions, please feel free to contact me directly at 561.305.2497 or email me at carolinagaviriamhc@gmail.com. I will provide a FREE 20 minute phone consultation to answer your questions and determine if we can work together!