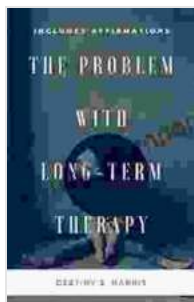


The Problem With Long-Term Therapy: Overcoming BS



The Problem With Long-Term Therapy (Overcoming BS

Book 8) by Destiny S. Harris

★★★★★ 5 out of 5

Language : English
File size : 474 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 49 pages
Lending : Enabled



Are you struggling with long-term therapy? You're not alone. Millions of people seek therapy each year, and many of them end up staying in therapy for years or even decades. While therapy can be helpful in the short term, there are a number of problems that can arise when therapy becomes long-term.

One of the biggest problems with long-term therapy is that it can become a crutch. When you're in therapy, you have someone to talk to about your problems and help you work through them. This can be very helpful, but it can also lead to a dependency on therapy. You may start to feel like you can't handle your problems on your own, and you may become afraid to face them without the help of a therapist.

Another problem with long-term therapy is that it can be expensive. Therapy can cost hundreds of dollars per session, and if you're in therapy for years, the costs can add up quickly. This can be a major financial burden, and it can make it difficult to afford other necessary expenses, such as housing, food, and transportation.

Finally, long-term therapy can be time-consuming. Therapy sessions typically last for 45-60 minutes, and if you're in therapy once a week, that's an hour of your time that you're spending away from work, family, and other activities. This can be a significant time commitment, and it can be difficult to fit therapy into your busy schedule.

If you're struggling with long-term therapy, there are a few things you can do to overcome the BS. First, try to identify the reasons why you're staying in therapy. Are you really getting the help you need? Or are you just using therapy as a crutch? Once you understand your reasons for staying in therapy, you can start to make changes.

If you're feeling like you're dependent on therapy, try to start weaning yourself off. Start by reducing the number of sessions you attend each week. You can also try to do more self-help work outside of therapy. There are a number of books, articles, and websites that can provide you with the information and support you need to overcome your problems on your own.

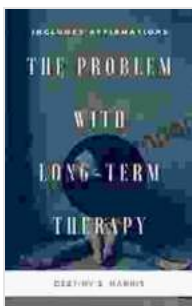
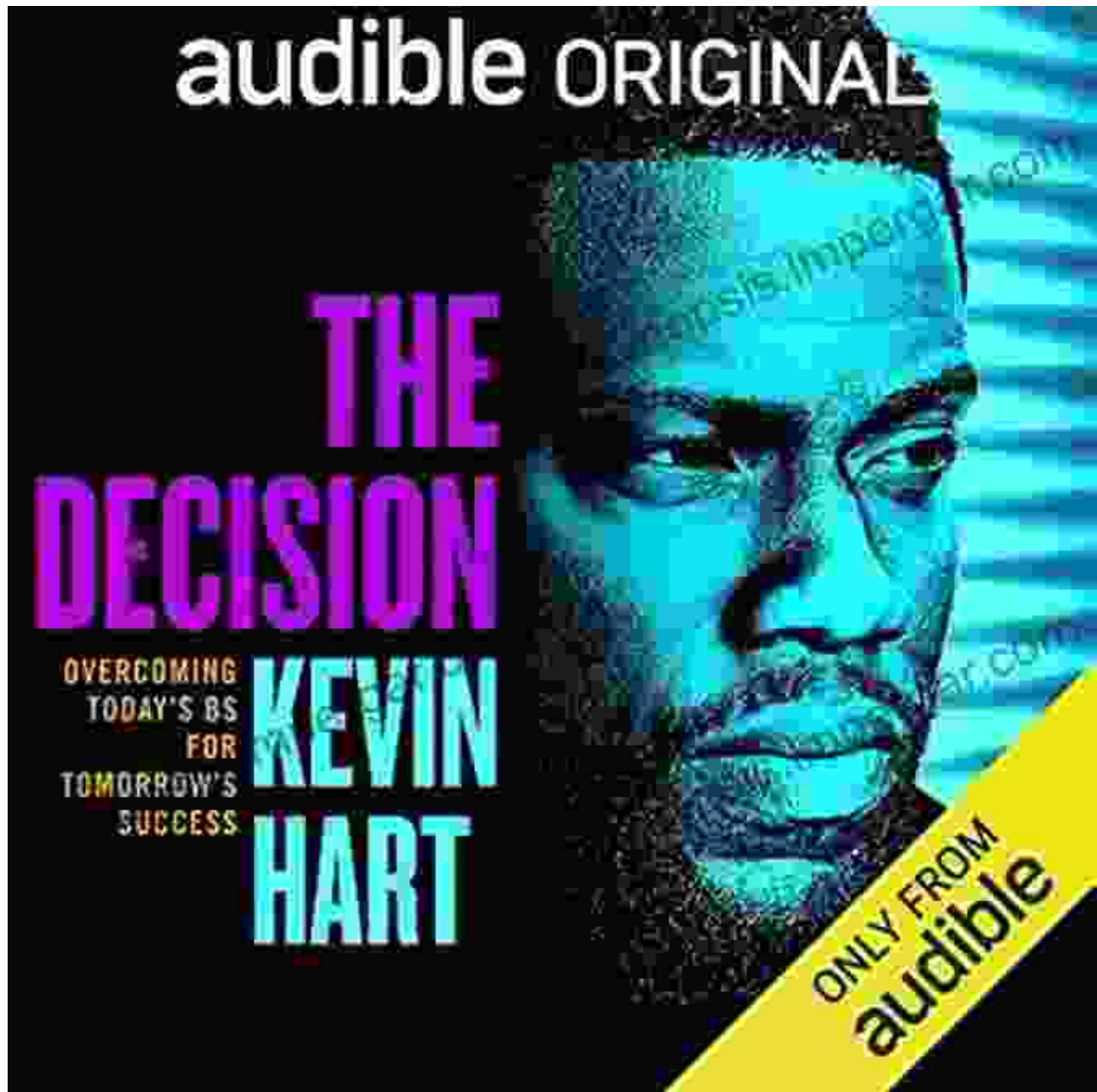
If you're struggling with the cost of therapy, talk to your therapist about sliding scale fees. Many therapists offer discounts to low-income clients. You may also be able to find free or low-cost therapy through community mental health centers or other social service agencies.

Finally, if you're struggling to fit therapy into your schedule, try to find a therapist who offers flexible scheduling. Some therapists offer evening or weekend appointments. You may also be able to find a therapist who offers online therapy. This can be a great option if you have a busy schedule or if you live in a remote area.

If you're struggling with long-term therapy, don't give up. There are a number of things you can do to overcome the BS and get the help you need.

Long-term therapy can be helpful, but it's important to be aware of the potential problems. If you're struggling with long-term therapy, don't be afraid to make changes. You can find a therapist who is a good fit for you and who can help you achieve your goals.

The Problem With Long-Term Therapy: Overcoming BS is a book that can help you overcome the challenges of long-term therapy. The book provides practical advice and support for people who are struggling with therapy. If you're looking for a way to get the most out of therapy, I highly recommend reading this book.



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