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Working Therapeutically Between Sessions: Journaling Exercise

## Why Therapy?

Psychotherapy is expensive in several ways, including time spent, out-of-pocket financial cost, emotional investment, risk of stigma from friends and family, and fear of the unknown. Psychologists, like surgeons, are required to give “informed consent” to clients so that they can be aware that the journey in therapy, like any healthcare procedure, is somewhat unknown and unpredictable. There are (potential) costs as well as (potential) benefits.

Considering the costs of therapy, why not try something else?

Here’s a way to think about it. Access the following article: **Four Things that will Boost Your Mental Health without Paying for Therapy** at:

<https://www.cnet.com/health/mental/4-things-that-will-boost-your-mental-health-without-paying-for-therapy/>

Then ask yourself some questions, and jot a few lines in response:

1. What am I hoping to achieve in my therapy with Dr. Minter that I could not achieve with one of these other ways?
  
  
  
  
  
  
  
  
  
  
2. How will I know if therapy with Dr. Minter is “working”?
  
  
  
  
  
  
  
  
  
  
3. How will I determine when therapy with Dr. Minter is complete?