



# Garry Newman Therapy Services

## Suggesting to Someone That They Might Benefit from Therapy

If someone you know is struggling with some big life changes, working with a trained professional can really help them get their thoughts and feelings sorted out. Having said that, it's really hard to say to a friend, 'Have you ever thought about seeing a therapist?'

The following tips are designed to help you think about how you might start the conversation.

### Listen More – Speak Less

Don't be tempted to jump straight in with advice. Actively listen to the other person and respond to what they say. If you're struggling to get the conversation started, 'How are you getting on at the moment?' can be a good opener. Other useful comments could be, 'It feels like you've got a lot on your plate at the moment.'

### Be Serious and Honest

We are often tempted to use humour as a way of hiding any embarrassment or discomfort we may be feeling. This is one time where it's best not to, it can make your friend feel that they're not being taken seriously. If you're uncomfortable using words like therapist or counsellor at first, a good introduction can be 'Have you thought about talking to someone?'

### Have Some Information At Hand

Be prepared to share some information about what therapy is and what it isn't. This is really important because everyone has an idea of what therapy is, which

may not be accurate. Have a therapist's contact details with you so that you can pass them over there and then. This works better than saying, 'I'll text you later'.

If you're comfortable doing so, it can help to share any personal experience you've had of seeing a therapist. This can be a very powerful experience for someone who is struggling.

## Choose Your Moment

Think about when and where you want to have the conversation. Sharing a coffee or going for a walk might be a good choice. Respect the other person's privacy and make it one-to-one.

## Accept That You May Get a Defensive Response

If you get a short response, try not to take it personally. It's perfectly natural to feel defensive when we're dealing with personal issues.

## Above All... It's Their Choice

Nobody can or should be forced into therapy. Therapy only works if you choose to engage with it. It's OK for them to say 'no thanks'.

## About Garry



Garry Newman is a psychotherapeutic counsellor based in Wokingham. He provides therapy services face-to-face, online and on the telephone.

Offering a safe, confidential and non-judgemental space for clients to work through their issues and explore the changes to their lives that they are looking for.

For more information or to contact me for a free initial consultation, follow the links below.



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