

What to expect in your first therapy session: a preparation guide

101 Psychotherapy | Registered Psychotherapists | Greater Toronto Area

7 things to know before your first appointment

1 You do not need to prepare anything specific

Your therapist will guide the conversation. You do not need to have your thoughts organized in advance or know exactly what to say.

2 Confidentiality will be explained upfront

Your therapist will explain what is confidential (almost everything) and the narrow exceptions (risk of harm). This is standard and reassuring, not alarming.

3 You control what you share

There is no requirement to disclose anything before you are ready. A good therapist follows your pace, not the other way around.

4 The first session is about understanding, not solving

Your therapist is building a picture of your situation and what you want to work on. Immediate solutions are not the goal yet.

5 It is okay if it feels awkward

First sessions often feel a little formal or uncertain. That is normal. The comfort level builds over time as the relationship develops.

6 Ask questions about their approach

You can ask: What therapy approach do you use? How many sessions do people typically need for what I am describing? What does a typical session look like with you?

7 Fit matters more than perfection

If after 2-3 sessions it does not feel right, it is okay to try another therapist. A good therapist will understand and support this.

Ready to talk? Book a free consultation at 101psychotherapy.ca