

OSF STRIVE TRAUMA RECOVERY PROGRAM FAQ'S

QUESTION	ANSWER
How long will treatment last?	Typically, treatment lasts within a 16 session time frame (ex. One visit per week for 16 weeks) depending on the course of treatment. Your therapist will determine if there is a need to extend your treatment. This procedure also applies for both psychiatry and case management services.
What is the Prep class, and what does it do for my time spent with OSF Strive Program?	When your first appointment is more than one week away, we would like to offer the opportunity to attend a prep class at our Pecan St location. This will be an opportunity to learn more about the program, complete some initial paperwork, and ask questions you may have about services. There will be other new clients there, however you do not have to share anything personal in front of others.
Is it necessary to have an evaluation appointment if I do not want counseling but would like psychiatry or case management?	Yes, our clinicians are trained to assess clients so that the best care may be provided. All of the necessary information will go to either the APN for psychiatry treatment or case manager, or both.
What if I don't feel like I connect with my therapist?	At OSF Strive we understand if you do not feel that you are able to connect with your therapist. As a client, you have the right to politely communicate your concerns of how your counseling sessions are going. You can either choose to communicate your concerns with your current therapist, or you can choose to contact our supervisor by calling the mainline for a private conversation.
What if there is something I don't want to talk about?	As a client, sometimes there are parts of our lives that we are not ready to discuss with a therapist and that is ok. We encourage clients to do whatever makes you feel most comfortable.
How does talking about stuff make anything better?	Talking with a clinician can ensure a private conversation without sharing with others. In addition, it is scientifically proven that talking and processing with a therapist can really improve symptoms and relationships for the better.
How long will it take to feel better?	These results may vary. It truly depends on the client's process of treatment. Our hopes and goals are to help clients feel better as soon as possible. There are even some instances where clients do not notice right away that their symptoms are improving.
Will my therapist provide hands on learning opportunities?	Maybe. Your therapist will discuss this with you and explore your preferred styles of learning. Examples may be practicing deep breathing relaxation exercises and developing a wellness toolbox.