

Person-centered therapy

What I Want My Therapist to Understand

Adults | 10 to 15 minutes

Person-centered therapy emphasizes understanding the person's experience and supporting their own direction. You may know what you want to discuss or only what feels difficult about seeking help. This page offers a way to begin without providing the right answers.

Choose what you want to communicate now. You may describe a preference, uncertainty, or concern about the therapy relationship itself.

Start with your agenda

Name what matters to you, even if it differs from a referral reason or another person's expectations. It is acceptable to say that you are not ready to discuss something.

Check whether understanding fits

Describe how you would like the therapist to respond when they misunderstand. A helpful conversation leaves room for correction, disagreement, and explanation of professional limits.

1. What matters most for me to bring to counseling?**2. What would help me feel heard rather than directed?****3. What do I want to approach slowly or leave private for now?****4. How could I tell my therapist when their understanding does not fit?****Clinical use and adaptation**

This orientation does not replace clinical assessment or model-specific competence. Respect client direction while clearly explaining confidentiality, safeguarding, and professional responsibilities. Do not promise unconditional agreement or exemption from necessary safety actions.