



What to Expect in Your First Session

Starting therapy can feel like a big step, particularly when you are not sure what to expect. At KD Therapies, your first session is about creating a gentle, welcoming space where you can begin at your own pace. You do not need to have the right words or know exactly where to begin. You can simply come as you are.

Before your session

You do not need to prepare anything or work out exactly what you want to say. You are welcome to come with questions, thoughts or notes if that feels helpful, but there is no expectation to have everything figured out.

When you arrive

Your first session is a gentle opportunity for us to meet and begin getting to know each other. I understand that coming to therapy for the first time can feel unfamiliar or daunting, so there is no pressure to begin talking about difficult experiences straight away.

We will talk about what has brought you to therapy

We may explore what life feels like for you at the moment, what you would like support with and what you hope might feel different in the future. You can share as much or as little as feels comfortable.

There is no pressure to tell me everything

You are in control of what you choose to share. Therapy does not require you to tell your whole story in the first session, and you will never be expected to discuss something before you feel ready.

You do not need to know what to say

It is completely okay if you are unsure where to begin. Part of my role is to gently support the conversation and help us explore what may be helpful for you. Silence, thinking time and not having the right words are all welcome.

We can talk about how therapy might work for you

Because my approach is integrative, therapy can be shaped around your individual needs. We may discuss talking therapy, creative approaches, EMDR, practical strategies, psychoeducation or other ways of working that may feel helpful.

You can ask questions

Your first session is also your opportunity to ask me questions. You may want to know more about how I work, what sessions might involve or anything else that would help you feel more informed and comfortable.

We will move at your pace



There is no correct way to 'do' therapy. My approach is warm, collaborative and non-judgemental. We will work together at a pace that feels manageable for you.

The therapeutic relationship matters

Qualifications and experience are important, but so is feeling safe, heard and comfortable with your therapist. The first session gives you the opportunity to experience how I work and consider whether I feel like the right therapist for you.

After your first session

You may leave feeling relieved, thoughtful, tired, hopeful or unsure. There is no right or wrong way to feel. You may want some quiet time afterwards to process the session, and we can discuss any next steps together.

I'm glad you're here.

