



Before Your First Therapy Session

A gentle guide from Terapija.care

Before your first therapy session

A first therapy session can begin with a clear reason, a feeling, a question, silence, tears, anger, numbness, or a simple sense that something needs care.

Your first message Share your preferred format, online or in person, and a few times that may work for you. Detailed personal material can wait for the session.	What to bring You can bring yourself as you are. Notes are welcome if they help you remember what you want to say.
Beginning slowly The first minutes can include breathing, practical questions, or finding words together.	Confidentiality Therapy is treated as confidential, with recognised limits connected to safety, safeguarding, legal duties and professional obligations.

Helpful phrases

I am unsure where to begin. This can be enough for the first few minutes.	I feel nervous talking about this. The nervousness can be part of what we notice with care.
I need to go slowly. Your pace matters.	Something keeps happening. Repeated patterns can become useful material for therapy.

Practical details

In person sessions take place at Dar il-Qawsalla, San Ġwann. Online sessions are also available. Please use a private space and a stable internet connection for online sessions.

Sessions are 50 minutes. Payment and cancellation details are available on the Fees page at www.terapija.care.

This guide supports preparation for psychotherapy. For immediate danger or urgent mental health support in Malta, use emergency or crisis support services.