

The Benefits of Talk Therapy

To understand the benefits of talk therapy, you must first understand it. *Verywell Mind* explains that talk therapy, also known as psychotherapy, is the use of verbal techniques designed to help improve the quality of life for those it serves by reducing or eliminating symptoms, helping to build coping skills, and improving communication.

Now that you understand Talk Therapy, let's dive into the benefits of Talk Therapy highlighted below from an interview published in *Forbes* with Marian Margulies, Ph.D., a psychologist in New York City.

1. **"A huge benefit of talk therapy is that its effects are long-lasting."** Many people were taught to keep their feelings to themselves, which often leads to the development of negative thought processes. Having a safe space to talk about your feelings is one of the biggest benefits of talk therapy. It allows you to address those suppressed feelings and learn how to move forward.
2. **"You know you're not alone."** Talk therapy can be provided in a variety of settings, including group therapy or a support group. This allows you an opportunity to talk with others who may be experiencing similar things and find support and assurance through speaking about your experiences and listening to them talk about theirs.
3. **"The positive gains continue and grow over time as though some of the work gets further consolidated after therapy stops."** Much of talk therapy is spent discussing events, issues, and/or trauma you have experienced that may have impacted your current mental health. This allows you an opportunity to address those situations and build coping skills for the future. This helps you reduce the impact certain conditions have on your overall well-being and set you up for success.
4. **"...Depression and anxiety are well known to have significant, and sometimes debilitating, physical effects."** Those struggling mentally often physically feel the effects through chronic pain, headaches, insomnia, etc. Because talk therapy is designed to help improve your mental health, it often helps reduce the physical impact declined mental health can have on your body.

Talk therapy is designed to meet each person's specific needs, so how each person benefits will be slightly different. The important thing to remember is that if you, or someone you know, needs support, it is always okay to reach out for help. We understand that asking for help can be difficult, but we want you to know you are not alone. Whether through our program, or another service, we want to work with you to identify and address any unmet needs to provide you the support you need and deserve.

Senior Life Solutions is Cheyenne County Hospital's program, designed to meet the unique needs of individuals typically 65 and older experiencing depression and/or anxiety related to life changes that are often associated with aging. If you or someone you know is struggling with a recent heart-

related diagnosis or a decline in emotional health, our program wants you to know we are here to help. Whether through our program, or another service, our team works to identify and address the emotional needs of those in our community and provide support.

If you need more information, education, or would like to discuss support, please call (785)332-2711 or www.senioriop.com