

Cambre Counseling and Wellness, LLC
Licensed Child & Adult Mental & Behavioral Therapist
www.cambre counselingandwellness.com
Why Therapy?

We all spend money and time on haircuts (maybe even a highlight, ladies? ha!), buying certain brands of clothing, gym memberships, and the list goes on and on. We take the time to go get our teeth cleaned every six months and a physical checkup at least once a year. There is nothing wrong with spending money and time on things that we want and need. Often times it feels, dare I say it, THERAPEUTIC?!?! But, why don't we spend the time and money on our mental health? What makes mental health so different from or less important than physical health? I'd like to argue that it is just as important as your physical health.

I believe one reason we put therapy on the back burner is because we think therapy is meant for those struggling with some sort of serious challenge in their lives when actually, it can be quite the opposite. I think anyone and everyone can benefit from therapy. Couldn't we all be just a little happier?

The advantages to therapy are countless. The biggest advantage, in my opinion, is increased quality of life and, quite frankly, a happier life. When we grow to be old, are we going to care that we spent a certain amount of money on our new couch? Or are we going to care that we lived our lives to the fullest and without regrets? I'd like to think the answer to that is the latter. Therapy can also help you in making big decisions in your life, such as career changes, moving to a different city, whether or not to get married, etc. We have all faced hardships at one point or another, many of us are facing one now, such as divorce, depression, or anxiety, and therapy is here to assist you in coping with and lessening or solving whatever issues you may be facing. Remember, you are not alone.

Therapy can also help your child in numerous ways. Whether it is that you argue with your child about completing their homework, going to bed on time, or respecting your wishes, therapy can help you and your child get to the root cause of the issue and solve it. Your relationships are worth the time. Wouldn't you agree?

An unexpected advantage of therapy is a deeper understanding of yourself and your needs. Often times, we go through life feeling content or complacent, maybe not quite understanding what it is to be fully happy or to take the time to slow down and realize what it is we need or want. Therapy can help you to understand yourself and your relationships on a deeper level, which can lead you to a fuller life. Isn't your life worth that much? It's time for you to invest in yourself and your mental health.

Yours in health and happiness.

Lindsay Cambre, LPC