



The Zepf Center has been a Behavioral Healthcare resource in Northwest Ohio for almost 50 years. With a rich history of helping both adults and children, we are dedicated to treating the individual through cohesive and evidence-based treatment. Our mission is to create hope, wellness, and recovery through integrated person centered services and community partnerships.

## WHAT IS THERAPY?

- A confidential relationship between you and a therapist working together to promote positive change.
- A safe, supportive, non-judgmental environment to explore your issues and learn more about yourself.

### An opportunity to:

- Sort out and clarify problems
- Identify non-helpful patterns in relationships
- Develop coping skills
- Identify and achieve personal goals

You can expect your therapist to be willing to openly discuss the issues that are most important to you. Therapy is a voluntary service and you may choose to discontinue at any time.

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**CONTACT ZEPF CENTER TODAY.**

**419.841.7701**



## THERAPY IS NOT:

- Magic
- Friendship
- Advice giving
- An instant solution to a problem
- About changing others

## HOW CAN I BENEFIT FROM THERAPY:

- Set goals and a timeline
- Be an active participant
- Share and learn about yourself
- Try something new

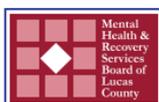
## HOW DO I KNOW IF I'M READY FOR THERAPY?

Have you thought to yourself:

- I wish I could understand myself better
- How I am currently handling my problems is not working
- It might be a good idea to get help with my problems
- I continue to struggle with a problem I thought I had resolved

Positive change happens with repetition and follow-through. In order for therapy to be effective you need to make a commitment to regular appointments. When starting therapy, you and your therapist will work out an appointment schedule and timeline, typically every other week, but tailored based on need.

**It's up to you to make it work!**



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TO LEARN MORE VISIT

[www.zepfcenter.org](http://www.zepfcenter.org)

