Mental Health: Truth Will End the Stigma

Presented by Dr. Hillary Jones
Texas State University Counseling Center
The withholding shrink...
The dopey bleeding heart...
The savior...
Challenging the Stigma

- Familial/cultural messages
- Those who need counseling are broken/damaged
- “I’m not *that* bad”
- People with mental illnesses are dangerous
Other Barriers...

- Access/Cost
- Fear of change
- Shame
- Misperceptions about privacy
8 Things I Wish my Clients Knew Before Starting Therapy…

1. “Fit” is more important than type
2. There is no hierarchy of pain
3. We won’t judge you
4. You won’t be analyzed constantly
8 Things I Wish my Clients Knew Before Starting Therapy…

5. There is no magic - you must do the hard work

6. You might feel worse before you feel better

7. Communication

8. Our goal is for you to outgrow your need for us
The Power of Telling Your Story

- Telling your story to a loving recipient flips off the body’s stress response

- A good therapist will hold up a mirror to help you see your story from a different point of view
  - Patterns repeat themselves
  - Unconditional compassion vs. wise compassion
  - Taking responsibility for your own story
Quick Exercise