



Mental Health: Truth Will End the Stigma

Presented by Dr. Hillary Jones
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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



Q&A