

# Uniquely You

## therapist-designed self-help



**what?** Uniquely You is an alternative service from Group Therapy Associates, which offers clients a personalized do-it-yourself at home self-help program, professionally customized by one of our therapists. Designed by a licensed mental health professional, these coaching packages that give clients a personalized list of resources and detailed plan to help you help yourself.

**who?** Uniquely You is for clients who don't really want or need GTA's full range of in-office services. Some may want to address only a minor concern; others may have a limited budget or difficult schedule; still others may want to work on improving their lives without the commitment of regular office appointments. Regardless of their different reasons, all of these clients share a desire for a personalized expert advice, have a clearly defined goal or issue they want to work on, and are committed to doing the work of change on their own.

**where?** Because this is a coaching service, and not therapy, Uniquely You clients can live virtually anywhere. Most communication with your package-designer is done via email; although locally based clients may opt to schedule a one-time in-office meeting to review their initial assessment materials. Email and Skype follow-up consultations may be added to any Uniquely You package for an additional fee.

**how?** First, we need to get a sense of your goals as well as understand your personal strengths, resources, and potential obstacles to change. We will provide you with many different assessment tools- some online and some you will need to print and complete. In addition, we will gather some personal history and ensure that Uniquely You is an appropriate service for you. Once we have reviewed all the materials, we will schedule a brief consultation (e.g. typically done by email or phone) to clarify any questions or concerns we may have, then we create a personalized plan of action.

Four to six weeks after purchasing a Uniquely You package, the client receives a Uniquely You do-it-yourself box containing GTA's expertly designed self-help plan, which includes:

- a personalized program for change which includes an outline of your goals, a list of personal strengths, interpersonal resources, and potential obstacles to change.
- a detailed description of the issue(s) presented with specific homework assignments
- a list of recommended books, articles, websites, audio programs, each hand-picked by your mental health expert for your unique situation
- a collection of articles, checklists, audio CDs, DVDs, and other materials to help you begin your plan for change
- a step-by-step explanation of each homework and suggested activity that includes the rationale behind the task and what you should expect to get out of it.