

<u>New You Keto</u> problem, as I see it, is that with so many therapists and so many therapeutic options, how does one find the right fit without investing a great deal of time and money?

It's a bit of a catch 22 for someone who is newly reaching out for help. After all, if you had great clarity as to your problem, how it has come to be, and how you, and your unique experience, can overcome this problem, you would probably not need a therapist! Sometimes a fish does not know it is swimming in water!

The most effective solution to finding a good therapist is to look for an individual who has a great breadth and depth of life and therapeutic experience. Look for referrals to your friends, workplace, school, and do your own research on the internet. Many therapists and counselors have their own website which provides information about their experience and how they may be able to work with you.

You and your experience our unique. There is no "one-size-fits-all" approach for everyone.

Much like going to the doctor, first you go to a general or family practice doctor, not to a specialist. Begin your work with the therapist or counselor who has a broad base of experience and multiple therapeutic tools which they <u>New You Keto</u> can use with you to create a helpful plan to move forward. If you have an acute psychiatric problem or challenge, your therapist will refer you to a specialist.

Consider how much time and money you are prepared to invest in this project called "you." I would suggest it is perhaps one of most profound and important undertakings you have ever embarked upon. That said, there is no reason that you should not be prudent and efficient in your approach and investment.

https://bit.ly/30Xv2Oj https://pilsadiet.com/new-you-keto/