



Walker Therapy Services

ARE THERAPISTS A BUNCH OF QUACKS?

- They can help you get to the root of what is bothering you
- Therapy sessions do not have to be overly mushy or super emotional
- There are many different types of therapists that specialize in different areas
- Make sure you find a therapist that you feel comfortable with
- A major part of success in therapy is the connection you have with your therapists, known as the therapeutic relationship