

Glossary of Mental Health Terms

Acceptance and Commitment Therapy (ACT)

A mindfulness-based therapy that emphasizes accepting difficult thoughts and feelings while committing to actions aligned with personal values.

Affect

The observable expression of emotion through facial expressions, body language, and tone of voice.

Alexithymia

Difficulty identifying or describing one's own emotions.

Building New Repertoires

Helping individuals or families develop new, more effective ways of behaving, relating, or problem-solving.

Burnout Recovery

Support for individuals facing chronic stress, emotional exhaustion, or loss of motivation, often related to caregiving or high-demand roles. Often involves orienting to values and valued action.

Circumstantiality

Overly detailed speech that eventually reaches the point, with logical connections throughout.

Clang Associations

Speech in which word choice is based on sound rather than meaning, often involving rhyming or puns.

Coaching (in Family Therapy)

Real-time therapist support to help family members try new ways of interacting..

Cognitive Flexibility

The mental ability to shift thinking and adapt perspectives, especially during problem-solving.

Cognitive-Behavioral Therapy (CBT)

A therapy approach focused on identifying and changing unhelpful thoughts and behaviors.

Déjà Vu

The feeling that a current experience has happened before, despite it being new.

Defusion from Thoughts

Learning to separate from unhelpful thoughts rather than getting entangled in them.

Developmentally Sensitive Intervention

Adapting therapy to match the cognitive and emotional development of each family member.

Dialectical Behavior Therapy (DBT)

A therapy combining CBT with mindfulness and acceptance strategies, especially for intense emotional experiences.

Distractibility

A tendency for attention to be easily drawn to irrelevant stimuli.

Emotional Agility

The ability to recognize, accept, and respond to emotions with flexibility.

Emotion Regulation (in Families)

The ability of individuals and families to experience and respond to emotions in adaptive and helpful ways.

Expansion to Make Room for Emotions

An ACT skill that supports accepting emotions without trying to control or push them away.

Family Systems

A therapy approach that views individual behaviors within the context of family dynamics and relational patterns.

Finding Comfortable Ways of Being Involved

Supporting family members in engaging authentically and manageably in relationships and therapy.

Growth

The process of learning, self-awareness, and personal development.

High-Functioning

Describes people who appear to manage daily life well but seek therapy for insight, optimization, or life challenges.

Insight-Oriented Therapy

A therapy approach focused on increasing self-understanding and awareness of internal experiences.

Internal Dialogue

Ongoing internal thoughts and self-talk that influence perception and emotion.

Interactional Patterns

Habitual ways that family members respond to one another.

Life Transitions

Significant life changes, such as career shifts, relationship changes, or caregiving roles.

Magical Thinking

The belief that one's thoughts or actions can cause unrelated outcomes, often seen in children.

McMaster Approach

A well-established model for evaluating and treating family functioning. Focuses on six key dimensions that describe how families operate.

Mindfulness

The practice of focusing on the present moment with openness and curiosity, and without judgment.

Mirroring

A therapist technique of reflecting verbal and nonverbal patterns to increase awareness and promote change.

Mood

The emotional state a person reports feeling internally, distinct from affect which is observed.

Orienting to Valued Action

Helping individuals identify their values and take steps toward meaningful goals.

Overvalued Idea

A strongly held belief that may be false but does not reach the level of a delusion.

PCSTF (Problem-Centered Systems Therapy of the Family)

An integrative, pragmatic therapy model based on the McMaster Approach that helps families shift unhelpful interaction patterns by focusing on real-time problems, building new skills with each participant identifying concrete actions they can take to get closer to the interactions and relationships they want to have with each other.

Personal Growth

Improving emotional insight, behavior, and life satisfaction through introspection and intentional change.

Process over Content

A focus in therapy on how communication occurs rather than the specific words or issues discussed.

Psychological Flexibility

The capacity to stay present and take actions aligned with values, even when experiencing discomfort.

Psychosis

A condition marked by loss of contact with reality, often involving delusions or hallucinations.

Psychotherapy

A professional relationship that helps individuals explore emotional and psychological challenges and improve well-being.

Scaffolding Change

Therapist-supported steps that help clients gradually shift behavior or interaction patterns.

Self-Compassion

Responding to personal suffering with kindness rather than criticism.

Self-Pay

A payment model where clients pay out-of-pocket for services rather than using insurance.

Valued Action

Behavior that aligns with personal values, even when emotionally difficult.

Values

Core beliefs that give life meaning and direction.

Frequently Asked Questions (FAQs)

1. What is psychotherapy?

Psychotherapy, also known as talk therapy, is a form of treatment where a trained therapist helps individuals explore their thoughts, emotions, and behaviors. It is designed to help you understand your feelings, resolve conflicts, and improve emotional well-being. Psychotherapy can be useful for managing mental health concerns such as depression, anxiety, trauma, stress, and more.

2. How do I know if I need therapy?

If you're feeling overwhelmed, experiencing persistent emotional distress, or struggling to cope with life challenges, therapy might be helpful. Therapy can help you gain insights into your thoughts and behaviors, develop coping skills, and improve your overall well-being. It's also valuable for anyone who wants to better understand themselves or navigate life changes.

3. What should I expect in a therapy session?

During your first therapy session, your therapist will ask questions about your history, current challenges, and goals for therapy. The goal is to create a safe and supportive space for you to explore your feelings. Sessions typically last 50 minutes, and you will be encouraged to talk openly about what's on your mind.

4. How many therapy sessions will I need?

The number of therapy sessions depends on your individual needs, goals, and the nature of your concerns. Some clients benefit from a few sessions, while others may choose longer-term therapy. Your therapist will discuss a treatment plan with you and adjust the number of sessions as necessary based on your progress.

5. Is therapy confidential?

Yes, everything you discuss in therapy is confidential. Your therapist is legally and ethically bound to protect your privacy. The only exceptions to this confidentiality are situations where there is risk of harm to yourself or others, or when required by law.

6. What types of therapy do you offer?

We offer several therapeutic approaches, including:

- **Acceptance and Commitment Therapy (ACT):** A type of psychotherapy that emphasizes acceptance of difficult thoughts and feelings, mindfulness, and committing to valued actions.
- **Cognitive Behavioral Therapy (CBT):** A structured, goal-oriented approach that helps individuals identify and change negative thought patterns.
- **Mindfulness-Based Therapy:** Uses mindfulness techniques to help individuals stay grounded and manage stress or anxiety.
- **Family and Couples Therapy:** Helps improve communication and resolve conflicts within relationships.

7. How long does therapy take to work?

Therapy progress can vary depending on your personal goals and the complexity of the issues you're facing. Many people begin to feel some relief after a few sessions, while deeper, long-term change may take several months. It's important to be patient and open to the process.

8. What if I don't feel comfortable with my therapist?

It's important to feel comfortable with your therapist for therapy to be effective. If you feel that you're not a good fit, we encourage you to talk openly with your therapist about your feelings. You can also request to see a different therapist if that would make you feel more comfortable.

9. Do you accept insurance?

Currently, we do not accept insurance directly. However, we can provide you with a receipt for reimbursement if your insurance offers out-of-network coverage. Please check with your insurance provider to verify reimbursement eligibility.

10. How much does therapy cost?

- Initial Comprehensive Diagnostic Evaluation: **\$325**
- 50 Minute Psychotherapy Session: **\$250**

11. How do I pay for therapy?

We accept payment via credit card, debit card, or check. Payment is due at the time of the session. Since we do not accept insurance, clients pay directly for services.

12. How do I schedule an appointment?

Contact us via phone, email or online request below:

- Dr. Mansfield: drmansfield@scp-ri.com(401-408-9212)
- Dr. Sheeran: drsheeran@scp-ri.com (401-408-9172)

13. What if I need to cancel or reschedule an appointment?

We ask that you provide at least 24 hours' notice if you need to cancel or reschedule your appointment. If you cancel within 24 hours, there may be a cancellation fee.

14. Do you offer online therapy?

Yes, we offer online therapy exclusively. These sessions are conducted through a secure video platform to ensure your privacy and confidentiality.

15. What should I do if I have a mental health crisis?

If you are experiencing a crisis that requires immediate attention, **please do not wait for a therapy appointment**. Help is available 24/7:

- **Call or text 988** to reach the **Suicide & Crisis Lifeline** (U.S.)
- **Call 911** or go to the nearest **emergency room** if you are in immediate danger
- You can also contact your local emergency services or crisis center for support

16. What is the difference between a therapist, counselor, and psychologist?

- **Therapist:** A general term that can refer to a variety of trained professionals providing psychotherapy, including licensed social workers or marriage and family therapists.
- **Counselor:** Typically refers to someone who offers guidance or therapy, often with a focus on specific issues (e.g., career counseling, addiction counseling).

- **Psychologist:** A licensed professional who holds a doctoral degree in psychology and is trained to diagnose and treat mental health disorders through therapy and assessments.

17. How do I know if I need a psychiatrist instead of a therapist?

If you're struggling with significant mental health symptoms that may require medication (e.g., severe depression, anxiety, or psychosis), a psychiatrist may be more appropriate. Psychiatrists are medical doctors who can prescribe medication in addition to offering therapy. However, if you're looking to explore your emotions and behaviors, psychotherapy with a therapist may be more beneficial.

18. How do I know if therapy is the right option for me?

Therapy is a great option if you're struggling with emotions, life challenges, or mental health conditions and need support. It's also helpful for personal growth and self-exploration. If you're unsure, consider scheduling an initial consultation to discuss your concerns with our providers..

19. Will therapy be covered by my insurance?

While we do not directly accept insurance, we can provide you with a superbill (receipt) that you may submit to your insurance for reimbursement if your plan covers out-of-network services. Please check with your insurance provider for more information.

Still Have Questions?

If you have additional questions or would like to speak with someone about scheduling an appointment, please don't hesitate to contact us. We're here to help