

Keystone Therapy

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Summer Schedules

With the school schedules winding down, and summer just around the corner, we want to send a couple reminders about summer scheduling:



- If you need a changes or alternate schedule, please ask your therapist for their availability.
- Notify your therapist in advance if you will be traveling out of Virginia for the summer. Sessions scheduled during this time must be rescheduled for once you're back in-state.
- Late cancellation and no-show fees still apply. Please give your therapist as much notice as possible if you aren't able to attend a session.
- Continue to utilize the [client portal's scheduling system](#) for session scheduling, rescheduling and/or cancellations. Reminder that changes must be made 36 hours in advance.
- Please double check your payment method on-file for session fees. FSA and HSA cards sometimes run out around summertime and a backup method may be needed.

8 Things Your Therapist Wants You to Know

Have you ever left a therapy session wondering what your therapist is really thinking? You're not alone. In this post, we're pulling back the curtain to share what truly goes on in a therapist's mind—from how deeply we care about you, to the pride we feel in your growth, to why we secretly love hearing all the tea.

Curious yet? [Read Kaitlyn's new blog post to find out](#)—and don't forget to check out our [Client Testimonials](#) page to see what clients say about working with us!



[READ MORE: OUR BLOG](#)

Self-Compassion in Motherhood

We're wishing mothers of all kinds a wonderful mother's day!

We see you and how hard you work to take care of everyone around you. It's time to take care of you! Practice the below statements to give yourself compassion, and appreciation for all you do.

Repeat to yourself:

- I'm doing my best, and that is enough.
- It's okay to need rest - it doesn't have to be earned.
- Caring for myself is caring for my family.
- I am allowed to have bad days without feeling like a bad mom.
- I do not have to be everything to everyone all the time.
- Perfection isn't required - presence is powerful.
- It's okay to ask for help. That's strength - not weakness.
- I am not alone in this; other moms feel this way, too.
- I offer myself the same kindness I would offer a friend in my shoes.
- I can hold both love for my children and frustration with the demands of motherhood.
- I am beautiful and powerful. I am a mother.



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May is Mental Health Awareness Month

Did you know? May is Mental Health Awareness Month. For this month, we'd like to highlight a few organizations who are making a lasting difference in mental health care, advocacy, policy, education, and accessibility.

- [Crisis Text Line](#)
- [GLAAD](#)
- [To Write Love on Her Arms](#)
- [American Foundation for Suicide Prevention](#)
- [National Institute of Mental Health](#)
- [988 Lifeline](#)
- [The Trevor Project](#)
- [American Counseling Association](#)



Wear a Green Ribbon for Mental Health Awareness Month