

Therapy with Harry

"Not Asian Enough" Club

Let's Embrace Our Beautifully Complex Identity



Is Your
Therapist A
Hot Mess...?

In a recent conversation with a fellow therapist friend, our dialogue went something like this:

Friend: I'm really having a hard time with...(describes her problem to me). I know I shouldn't be thinking in this way, I'm a therapist, after all. But I can't help it!

Me: Yo, us therapists are a messy bunch.

Friend: *Laughs* Yes, oh my god, we are!

Me: Ya, that's totally why we became therapists!

I'm here to tell you that as therapists, you see the best of us when we are in a therapy session with you.

Good therapists would be able to assess their own health, and cancel or reschedule sessions with you if they aren't feeling well (both mentally and physically).

From my experience speaking with other therapists, we all have gone through our own challenges and trauma. And that actually makes us a good therapist...

[Read full blog here](#)



Take care, and keep being you!
Harry

Therapy can help you explore deeper, to create the changes you want in your life. If you're curious about it, click the button below to book a 30-minute consultation.

[Book a Consultation](#)

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HarryAuTherapy.com

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