

What Really Happens in Therapy

Therapy can be so good it's life-changing, but many people never try it because they have no idea what it involves. They may even be a little apprehensive or afraid. Join Spring Health - your benefit for mental healthcare from Standard Motor Products, Inc. - for a live webinar led by a licensed clinician. We'll talk about what really happens in therapy so you can feel prepared for your first session, and for every session that follows. This webinar will help you learn all the ways therapy can benefit you, what to expect in the first session, and beyond, and how you can support your child in therapy.

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[Register here](#)



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