

Does your therapist's office matter to you?

CrossCurrents, a magazine published by the Centre for Addiction and Mental Health in Toronto, is developing a story about therapists' offices and whether they affect the therapeutic process and outcomes. We would like to hear from you whether the physical environment in which therapy takes place affects you.

If we want to publish your responses, the editor will contact you for permission. You can remain anonymous. Please send your responses to the editor, Hema Zbogar, at hema_zbogar@camh.net, **by June 17, 2011**.

Please be as specific as possible in your answers to these questions:

1. In your experience, does the therapist's office affect the therapeutic process and outcomes? How?
2. Does the therapist's office tell you a lot about the therapist's personality?
3. In your experience, do most therapists do a good job of creating a positive physical environment in their office? Give specific examples of good or bad design or décor.
4. Are there any potentially harmful physical elements of a therapy office – things therapists should avoid?
5. If you've had a negative reaction to something in the therapist's office, do you talk about it with the therapist? For example, a painting that makes you uncomfortable.