



***“Life isn’t about finding yourself. Life is about creating yourself.”***  
***- George Bernard Shaw***

An acquaintance in recovery recently asked me what was the point in my recovery journey that seemed to turn things from hopeless to hopeful. As I reflected on my recovery, one aspect stood out to me. For me, the most important thing was the right therapist.

I first sought professional help when I was a junior in college, struggling with a severe bout of depression and lots of impulsivity. In the four years since then, I have been psychiatrically hospitalized 6 times, have attended 3 intensive outpatient treatments, have tried Dialectical Behavioral Therapy, Radically-Open Dialectical Behavioral Therapy, Accelerated Resolution Therapy, psychologists, psychiatrists, social workers, and somewhere around 30 different psychiatric medications. For years it felt like I was doing everything “right” and wasn’t getting any better, and that is incredibly frustrating.

I finally decided, after seeing 13 different therapists throughout my different therapies, that I needed to see someone who had experience treating trauma. I found a database online who pointed me toward my current therapist who, unlike any therapist before me, uncovered what I believe is my true diagnosis and began guiding me through sensorimotor therapy. This therapy, more than anything else, has helped me to understand myself and my recovery and has helped me develop a sense of self outside of my diagnosis. Now I feel like I *can* recover, most of the time. And it’s been that hope that has made all the difference. We cannot be afraid to advocate for ourselves and our needs. If what you’ve tried for years isn’t working, try something new. It may just save your life.

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*We are the evidence; We hold the hope.*