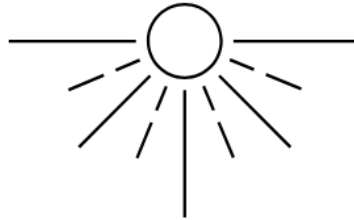




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

What is psychoeducation?

Learn how information and skill-building can support care.



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LEARN · REFLECT · FIND SUPPORT

[THEHOLISTICCOUNSELOR.COM/RESOURCE](https://theholisticcounselor.com/resource)

A little clarity.

Understand the topic. Find words for your questions.

Sometimes a new word helps you explain something you have felt for years. Learning can give you a place to start, even when it does not solve everything at once.

1 Learning with a purpose

Psychoeducation means learning about mental health, symptoms, treatment options, coping, and support. It may happen during therapy, in a class, with family members, or through a guide like this.

2 Knowing and practicing are different

Understanding a skill does not mean it will feel easy to use. You may need examples, repetition, adaptations, or individual support. You can ask for information in a format that works for you.

3 Ask what a training promises

A workshop may teach helpful concepts without providing therapy or a professional qualification. Ask who teaches it, what evidence supports the content, and what it does and does not prepare you to do.

Research & perspective

National Alliance on Mental Illness describes education as part of psychosocial support. Benefits depend on the program, people, and purpose; attending a class does not guarantee recovery or qualify someone to treat others.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 What would I like to understand better?

2 Do I learn best by reading, listening, examples, or practice?

3 What help would turn information into a useful next step?

One next step

Choose one idea from a guide or episode. Write it in your own words and note one question to discuss with a professional.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ Is this education, therapy, or professional training?
- ☐ What are the instructor's relevant qualifications?
- ☐ How can I get personal help if the material brings up concerns?

Listen with curiosity

[Episode 49 - Listen to an explanation of dialectical behavior therapy skills.](#)

[Episode 91 - Compare cognitive behavioral therapy and dialectical behavior therapy through a clinical conversation.](#)

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[National Alliance on Mental Illness: Psychosocial treatments and education](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

NEED SUPPORT NOW?

United States and territories: the 988 Suicide & Crisis Lifeline supports people in emotional distress or a suicidal crisis. [Call 988](#) · [Text 988](#) · [Chat online](#)

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