



WORKPLACE THERAPY



Scan to review worksheet

Expemo code:

1EQT-A1L7-492

1

Warm up

In pairs, discuss the following questions.

1. Which of the following do you think companies should offer as perks to staff? Why?



department holidays



therapy



private healthcare



yoga lessons

2. What do people in your country generally think about going to therapy? Why?

3. How do you think offering therapy to employees could be beneficial to a company?



2 Finding vocabulary

Find vocabulary in the article on page three which has the same meaning as the following definitions.

1. _____ the use that is made of an available service or commodity (n, para. B)
2. _____ being ready to argue or fight (adj., para. B)
3. _____ negative feelings that people hold about a particular situation or characteristics that someone has (n, para. C)
4. _____ the state of being unknown to the majority of people (n, para. C)
5. _____ causing something to be weaker or not function as well (adj., para. D)
6. _____ a situation where there's an expectation that information will be kept private (n, para. D)
7. _____ make something that has been seen as unusual into something more common (v, para. D)

3 Scanning for details

Scan the article on page three and write down the meaning of the following numbers.

1. 122 million

2. 2,000

3. 6,000

4. 100,000

5. 6

6. 15



Therapy in the office

A new perk

- A. While the reasons for the increase in the number of people taking up therapy may be unclear, the fact is that internationally, there is a shortage of practitioners. In the US, roughly a third of Americans, some 122 million live in areas that lack adequate numbers of therapists. It's estimated that there would need to be an additional 6000 to fulfil requirements. In the UK, the National Health Service says it requires 2000 additional therapists to meet demand, a number which is comparatively worse given the smaller population. In India, there is one therapist for every 100,000 citizens. It is perhaps for this reason that companies with an eye on attracting and retaining top-performing employees have begun offering mental-health services as part of their benefits package.
- B. The idea has been a success with uptake of the offer rising significantly. Premise Health, an American provider of workplace mental-health therapists says that visits have increased six-fold over the last three years. Delta, the American airline, has also seen a rise in the number of therapists it employs, which started at nine, but now numbers 20 in 15 domestic and international locations. Airline staff are able to book an appointment after stepping off the flight should they choose to do so, a useful perk for workers who have increasingly been subject to hostile behaviour by passengers over the last few years and can witness life-threatening situations.
- C. While public attitudes to therapy have improved over the last couple of decades, there is still a bit of stigma around poor mental health and therapists are often placed in areas within an office where clients can not be seen arriving and leaving. It's for this reason that Premise Health sets up its facilities with a range of services, from vaccinations, to mental health provision so that visitors could be coming to their area for a variety of reasons which allows them to keep their anonymity. This negative view is clearly changing with time, particularly with younger generations who view mental healthcare as more of a standard provision than older generations.
- D. Initially, practitioners reported that their clients thought that they were limited to discussing work issues, which is not the case. Personal and family problems can have a debilitating effect on professional life, causing loss of sleep, increased stress and an increase in absences. So it's in the interest of the company that therapy can address all aspects of life. Workplace therapists are also quick to underline that confidentiality is treated the same as it would be in a private practice. Management are not party to any of the advice discussed during a session and are not able to view records. This is important for potential clients to understand as it can impact how comfortable they feel about sharing their lives. As the idea is normalised, it could be that in the future an office therapist will be just as much a part of the workplace as a kettle and a microwave.

Sources: BBC, CNBC





4 Reading comprehension

Part A: Decide in which paragraphs A - D the following ideas can be found in.

- 1. How negative attitudes affect the location of in-house therapy offices. _____
- 2. The challenge of attending therapy making it an attractive perk. _____
- 3. The relationship between therapist and client being the same in or out of house from a legal standpoint. _____
- 4. A reason why one company's offer of therapy can be particularly useful to its employees. _____

Part B: In your own words, answer the following questions.

- 1. What is the meaning of 'not the case' in paragraph D?

- 2. What is the meaning of 'party to' in paragraph D?



**5 Focus on vocabulary**

Part A: Look up the words in the box and use them to complete the gaps in the following sentences. You may need to change the form of the word to fit the sentence.

engaging / implicitly / reciprocate / referral / thriving / ethical / tactic

1. In order to see a specialist, you need a _____ from your general practitioner.
2. Therapists can't share details of what is discussed with their patients for legal and _____ reasons.
3. I took some birthday cake over to my new neighbours' house and they _____ the following week by bringing me a delicious curry they'd made.
4. When I first moved to the village, it was a _____ community, but hardly anyone lives here now.
5. I tried using big words to impress her when I first met her, but it seemed to have no effect, so I was forced to use different _____.
6. Lawyers often have a bad reputation, but I consider my lawyer a friend and I trust him _____.
7. Unpopular opinion, I know, but I just don't find superhero films very _____. I'd prefer to watch a good comedy.

Part B: In your own words, say what the phrases and idioms in bold in the following sentences mean.

1. He's answering my questions, but I think he's **not being straight** with me.

2. Now, we're going to get to **the nitty gritty** of the lesson.

3. I read a really fascinating article about CEOs and **what makes them tick**.



4. As a teacher, you do a lot of planning, but sometimes you're forced to **think on your feet**.
-
5. I'm desperate to go on holiday, but that has to **take a back seat** to the financial realities I'm dealing with.
-
6. He's a nice guy, but he tends to **hold forth** with his opinions a lot which some people find off-putting.
-
7. I was waiting to ask a question, but I could **not get a word in edgeways**.
-

6

Listening for gist

Listen to the interview and tick all of the questions that you hear.

1. What can a newly-qualified therapist expect?
2. How long does it take for someone to become a fully-qualified therapist?
3. What would you say to someone who is training to become a therapist?
4. What can be difficult for a therapist to deal with?
5. Do you need to listen to your own advice sometimes?
6. What kind of compensation can a newly-qualified therapist expect?
7. Do therapists who work in prisons require special qualifications?
8. Do you have any other advice for new therapists?



7

Listening comprehension

Choose the best answer a - c for each of the following questions.

1. What advice does Patricia Walkden give to students who are just starting their studies?
 - a. Ensure you read as much as possible before taking a class.
 - b. Focus on equipping yourself with varied experiences.
 - c. Work with children before starting work with adults.

2. What does she say happens frequently for students of therapy?
 - a. They find it too difficult and can't continue.
 - b. They begin to understand themselves much more.
 - c. Their ideas about what they want to do change.

3. What does she say is the most important aspect to be a successful new therapist?
 - a. being trustworthy
 - b. being honest
 - c. being affordable

4. What is the challenge for therapists with this?
 - a. You're not always dealing with good people.
 - b. You need to pay off the cost of education.
 - c. Clients can be very slow to trust anyone.

5. What does she say about setting up an office?
 - a. You need to make sure it's suitable for your specific type of clients.
 - b. A large space doesn't always offer more benefits than a smaller one.
 - c. You need to consider accessibility for clients who are disabled.

6. What challenge does she underline that other professions don't have?
 - a. a lack of progression in some patients
 - b. some clients not paying their bills
 - c. clients treating you as the enemy

7. What does she say is not a useful skill for therapists?
 - a. being quick-witted
 - b. being a skilled speaker
 - c. being empathetic



8

Talking point

In pairs, discuss the following questions.

1. Are you attracted to the idea of becoming a therapist? Why / why not?
2. Do you think the workplace is the right place to visit a therapist? Why / why not?
3. What reasons do you think people have for not wanting to go to therapy?
4. Do you know of anyone who attended therapy? What did they say about it?
5. If you were attending therapy, would you talk about it with others? Why / why not?

9

Extended activity - Taboo

Divide into two teams. Your teacher will give you a card with vocabulary from the lesson. The object is to explain the word to your team without using the word or a form of the word. If your team doesn't know after 30 seconds, the other team can have a go. Each team gets a point for naming the correct word. The team with the most points at the end wins.