



Published on *Go Ask Alice!* (<https://goaskalice.columbia.edu>)

[Home](#) > Making Moves Towards Healing

Making Moves Towards Healing ^[1]

Week of:
Oct 09, 2020

How to find a therapist ^[2]

Dear Alice,

I am trying to find a therapist. I have to go in-network for my health insurance to cover it, so I have this long list of therapists, but I don't know anything about them. Do you have any suggestions as to how to go about choosing one and/or questions to ask? Is there a "Go Ask Alice!" answer I could read for this info? I found my last therapist through the recommendation of a colleague at work and another through my school's counseling service. Now I need to spread my wings and find a professional therapist on my own! Yikes!

Thanks for any help you can give me!!!!!!!!!!!!

[Read more](#) ^[2]

Regretting degree choice ^[3]

Dear Alice,

I am a senior who will soon (hopefully) be graduating with a BA in Anthropology. During my freshman year, I chose my major because I thought it would be interesting to study. Now I realize how completely useless a degree in Liberal Arts is unless you also go to graduate school and get at least a Masters, if not a PhD. I don't want to go to school anymore!

While I enjoy my major and feel like I've learned a lot, sometimes I think I should have just majored in business, engineering, or some other "real" major that would have helped me get a job. I feel like the last few years have been completely for nothing, and find it very difficult to motivate myself to finish, or even start, any schoolwork during this last year. I'm beginning to not even care if I graduate at all.

— Underwhelmed Undergrad

[Read more](#) ^[3]

Pets and stress management ^[4]

Dear Alice,

Do you have any information regarding the use of pets for stress management?

[Read more](#) ^[4]

Anger management group therapy? ^[5]

Dear Alice,

It has come to my attention over the last several months that I have an pretty significant anger management problem that must be addressed with professional help. Do you know of any anger management groups in New York City? Or, could you recommend a resource that could help me locate a group for anger management? I am already in individual counseling, but I believe that I would benefit from the group dynamic.

Thank you.

[Read more](#) ^[5]

Help with adjusting to civilian life after years of military service? ^[6]

Dear Alice,

I spent 11 years in the service and multiple deployments to Iraq, Afghanistan, and other places where I saw combat. I wanted to retire from the military, but not in the manner that I did. I was medically retired last year and I know that I am having issues with readjusting to my new life, have post traumatic stress disorder, and traumatic brain injury from some blasts during my last deployment. My problem is that I do go to the VA and I am trying to get my life moving forward, but it seems they just keep giving me a handful of some pretty powerful pills and are not really doing much for me. I have been on and off several different sleeping, anti-depressant, anxiety, and a lot of other stuff that I don't really know about for almost a year now. Are there other resources available for disabled veterans to use other than the VA? If so how do I get in contact with them? And should I continue taking all this medication that makes me feel like a zombie?

[Read more](#) ^[6]

Footer menu

- ▼ Contact Alice!
 - Content Use
 - Media Inquiries
 - Comments & Corrections
- ▼ Syndication & Licensing
 - Licensing Q&As
 - Get Alice! on Your Website
 - Full Site Syndication
 - Link to Go Ask Alice!

Go Ask Alice! is not an emergency or instant response service.

If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: <https://goaskalice.columbia.edu/theme-week/making-moves-towards-healing>

Links

- [1] <https://goaskalice.columbia.edu/theme-week/making-moves-towards-healing>
- [2] <https://goaskalice.columbia.edu/answered-questions/how-find-therapist>
- [3] <https://goaskalice.columbia.edu/answered-questions/regretting-degree-choice>
- [4] <https://goaskalice.columbia.edu/answered-questions/pets-and-stress-management-0>
- [5] <https://goaskalice.columbia.edu/answered-questions/anger-management-group-therapy-0>
- [6] <https://goaskalice.columbia.edu/answered-questions/help-adjusting-civilian-life-after-years-military-service-0>