

Teacher's guide



The Therapy Boom: Essential Support or Over-Commercialised? – Advanced (C1-C2)

Canva Presentation Link: [🌐 The Therapy Boom: Essential Support or Over-Commercialised?](#)

Editable Presentation Link: [🌐 The Therapy Boom: Essential Support or Over-Commercialised?](#)

Editable Worksheet Link:

[🌐 Student Worksheet: The Therapy Boom: Essential Support or Over-Commercialised?](#)

Warm up

Part 1. Students read the quote and discuss the questions.

Reading activity

Part 1. Students will read a text on The Therapy Boom.

Part 2. Students discuss the questions based on the text.

Suggested answers:

1. Popularity: reduced stigma, social media promotion, apps, accessibility.
2. Critics say therapy is commodified, fee-driven, packaged.
3. Risks: lack of regulation, shallow advice, dependence on apps.
4. Suggests normal emotions may be medicalised through over-diagnosis.
5. Raises whether therapy is a right, a choice, or a product.

Debate

Part 1. Students match the terms to their meanings.

Answer key:

1. commercial exploitation
2. therapeutic alliance
3. overdiagnosis
4. preventive support
5. mental health stigma
6. universal right
7. self-help industry
8. consumer trust

Part 2. Students complete the sentences with the correct terms.

Answer key:

1. mental health stigma
2. universal right
3. commercial exploitation
4. therapeutic alliance
5. overdiagnosis
6. preventive support
7. self-help industry
8. consumer trust

Part 3. Students look at the useful expressions and use them to rewrite the sentences so they sound more formal, persuasive, or nuanced for a debate.

Sample answers:

1. *It could be argued that therapy is beneficial, but it is not always necessary for everyone.*
2. *To some extent, I agree the industry profits, although it also expands access to care.*
3. *Doesn't that overlook the fact that online therapy can be effective if regulated?*
4. *I agree up to a point, but forcing therapy on everyone could be counterproductive.*

Part 4. Students take part in a structured debate with yourself or a partner, using the vocabulary and debate expressions from this lesson. Encourage students to respond fluently, challenge ideas politely, and justify their opinions with clear reasons and examples.

When leading the debate, use strong, provocative statements to push the student:

- "Therapy is just another consumer product."
- "Without money, therapy cannot improve or expand."
- "Apps are the future of therapy."
- "Overdiagnosis is a myth — awareness is progress."
- "Everyone should be in therapy, no exceptions."

Reflection

Part 1. Students discuss the questions.

Wrap-up task (optional homework)

Part 1. Students write an opinion blog post (180–220 words) on:

"The Therapy Boom: Essential Support or Over-Commercialised?"

Encourage students to:

- Use at least 4 vocabulary items (e.g., therapeutic alliance, commercial exploitation, preventive support, self-help industry).
- Use at least 2 debate expressions.
- Present one counterargument and refute it