

WELCOME TO MY PRACTICE

Thank you for taking time to contact my office and for allowing me an opportunity to work with you on issues and obstacles in your life.

This is a complicated time we live in and events and circumstances often lead us into corners. Psychotherapy is a practice which can provide various tools and options for dealing with those life events. Whether you have been struggling for a life time or a current event or issue has you troubled, I believe therapy can provide an objective, safe place to explore what tools would best serve you in addressing your particular problem or conflict. Psychotherapy can also be a place to discover and enhance your already existing skills or strengths. When conflict or crisis enters our lives we often forget the vast array of talents and resources we have. In my practice there is a heavy focus on positive psychology with the goal of helping others reach their fullest potential in life regardless of circumstances.

I offer both short term and long term psychological services and I employ several different modalities depending on what you present as your issues and which goals you want to achieve. My private practice is primarily adult individuals who are dealing with life transition issues, relationships, depression, anxiety, looking at new life options and are ready to begin the process of growth and change. I am not on any insurance panels and do not accept insurance. I will gladly provide you with a super bill which can be submitted to your insurance company for reimbursement. Should there be concerns regarding my fee please feel free to discuss this with me. My usual fee is \$140 an hour. I prefer the first session to be 90 minutes which allows for ample time in getting to know one another; the fee is the same as an hour session. We can discuss fees should we require more time or longer sessions or shorter sessions.

As you begin to focus in on a particular conflict, problem or goal you would like to work on, please give some thought as to how you think I might be able to serve you. In that same light please take a moment to explore the ways in which you have already begun to address those issues. It may be helpful to think about what has worked in the past and what has not or is not now working. Also please think about what you

want to achieve with our time together. Therapy is an expensive and valuable endeavor and can be very helpful to both of us to begin this process even before we meet. This will allow both of us a jump start, if you will, in a direction of solution. If however you do not want to pursue that avenue prior to meeting with me, that is fine. Our meeting will provide plenty of opportunity to explore your specific concerns.

Thank you again for filling out these forms in advance and I look forward to meeting with you. Should you not be able to make our assigned appointment time; please allow as much time as possible for re-scheduling and allowing me to fill that hour. If you have any questions please feel free to leave a confidential message on my voice mail and I will return your call, usually within 24 hours.

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