

## **Counseling Frequently Asked Questions:**

### **"What should I expect from my first session?"**

Our first session, or two, will focus on assessing your needs and your concerns. I will initially ask you a lot of questions, to gain an understanding of your history and your current reason for seeking counseling. During our first, or second session I may administer a questionnaire to gain a better understanding of what needs are not being met and how those unmet needs are impacting your life.

### **"How often do you meet with your clients?"**

The frequency and duration of therapy varies depending on several factors. Most of my clients meet with me once weekly, or every other week, for a couple of months. Then we typically meet less frequently for a few more months. Therapy usually comes to an end as new skills are effectively implemented, and symptoms are relieved. Clients are always welcomed to reach-out to me on an "as needed" bases thereafter.

### **"Do you only counsel Christians?"**

No. While I am a Christian and the services I provide are faith-based or faith-integrated. I believe that faith is a powerful resource in helping people deal with problems. However, I do not impose my own religious beliefs on to clients. I respect the religious faith of each client, and will work to integrate the client's beliefs into the counseling process. I appreciate and embrace persons of all faiths.

### **"What is your cancellation policy?"**

I agree to and ask that clients maintain responsible relations regarding appointment times. In that regard, I require a 24 hour cancellation notice. Appointments canceled, or a "no-show" may be subject to a fee of \$25.

### **"What are your hours?"**

I am available by appointment only. Appointments can be made Monday - Saturday.

### **"How long does each session last?"**

Counseling sessions are 60 minutes in length for individuals, 60 – 90 minutes for couples.

### **"What are your fees?"**

The fee for individual counseling is \$80 per session. The fee for couples is \$100. If you are experiencing a financial hardship, please contact me, so that we may discuss a sliding-scale that may be comfortable for your situation.

### **"How do I pay?"**

Payments are due the day of service. You may pay by cash, check, Visa, Master Card or American Express. For your convenience, in-office clients may remit payment online, via PayPal.

### **"Do you accept insurance?"**

I counsel on a fee-for service basis, and unfortunately do not accept, or file insurance on behalf of clients. I can, however provide a medical receipt if you choose to pursue reimbursement from your insurance company. To do this, you must contact your insurance company directly to see if you have "out-of-network" coverage for counseling. Please keep in mind that most insurance companies will not cover "marital or basic counseling". Most insurance companies will only cover treatment if there has been a prognosis of a mental health issue. To read a detailed explanation on this topic. Please read the "Insurance/Fees" section of my website.