



## Frequently Asked Questions

### Individual Therapy

#### How often do I need to have sessions?

It's really important that we connect transparently before addressing your pain points. So, I start all clients on a weekly basis and then adjust over time when and if needed. But frequency also depends on the severity of issues and the progress being made over time.

#### How long does therapy usually take?

The overall duration of therapy varies depending on your needs, goals, and the complexity of your issues. There are absolutely instances where clients benefit from a handful of sessions to address a very specific pain point and there are others who may engage in therapy for several months or years.

#### Is therapy covered by insurance?

While I do not take insurance, your insurance company may cover out of network providers. I suggest reaching out to your provider before getting started to know what percentage they will cover. Regardless, you will be charged for sessions same day of service.

#### How do I know if you are the right therapist for me?

I am a psychodynamic therapist and take into account your personal background and current experiences to look at you from a holistic perspective. I have an approachable but direct approach but promise to meet you where you are in your journey. The best way to assess fit is to schedule a free 15-minute consultation with me.



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#### **What can we expect from a typical session?**

Most sessions will start by giving you the opportunity to talk through your highs and lows to discover pain points. I will provide you with the tools and psychoeducation to help you process and resolve what is on your mind. But all that we do will be geared to address the goals you set during your intake session.

#### **Can I contact my therapist between sessions or in the case of an emergency?**

We are available between sessions for quick questions via text and more elaborate issues via call or email. We are also open to additional sessions as needed. We are not an emergency care facility. For emergencies, it's important to contact crisis services or go to the nearest emergency room.

#### **How do we know if our problems are serious enough for therapy?**

There is no rule here. If you feel even slightly unfulfilled, then therapy can help you level up for improvement.



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#### **How do I know when therapy is working?**

Well, it varies for most people and may not always be linear. But some signs that therapy is working include feeling heard and understood, noticing changes in your thoughts or behaviors, and feeling better equipped to handle life challenges.

#### **What if I can't afford therapy right now?**

I want you to truly think through what your struggling with and what it is costing you and those around you. You deserve to be happy, fulfilled and hopeful. Think of this as an investment in your happiness. When you are healthy, you will show up in the world better for your family, friends, kids and yourself. I think you're worth it.

