

# How to Prepare for Your Individual (Adult) Therapy Sessions

Before our consultation call

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Brainstorm goals for yourself and how I can best help you.

Are you having trouble with:

- Adulting
- Anxiety
- Assertiveness
- Depression
- Highly Sensitive Person (HSP)
- Life Transitions
- Perfectionism
- Relationships with Others
- Self Esteem
- Self Harm
- Stress Management

Or any other concerns not mentioned?



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## 1st session (Intake session)

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Be prepared to discuss:

- your background history
- any major relationships
- presenting concerns
- tentative goals

I highly encourage you to bring a notebook to our session to jot down key information.

## Going forward

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All sessions will be individual sessions unless you otherwise request to bring in a significant other, family member or friend that is crucial to your session. If you should need me to speak with another party or other medical professional regarding our sessions, you will need to complete a Release of Information and detail the information to be released.



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## Going forward (continued)

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Ideally, we will have sessions weekly to build and maintain momentum towards meeting your goals. If finances or schedules won't allow for this, I encourage you to be able to have 1.5 hour sessions every other week in the beginning so that we don't need to go over old material.

## Check-ins

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Once we have completed sessions together, many clients schedule check-in sessions on either a monthly or quarterly basis. They enjoy solidifying their new skills and updating me on their lives.

## Questions/Concerns

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