

How to Prepare for Your Individual (Teen) Therapy Sessions

Before our consultation call

Brainstorm goals with and for your teen.
How I can best help you?

Are they having trouble with:

- 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)

Have them bring a notebook to our session.

They should be prepared to discuss:

- background history
- any major relationships familial or romantic
- presenting concerns
- tentative goals

I will need some time to speak with both parents/caregivers together or in separate brief phone/video sessions to better understand their child's concerns.

Some parents/caregivers choose to join the session briefly before the teen's individual intake session. Others prefer to have a separate parent session. Please let me know which you prefer.



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Going forward

All sessions will be individual sessions unless they otherwise request to bring in a family member or friend that is crucial to their 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.

Ideally, we will have sessions weekly to build and maintain momentum towards meeting their goals. If finances or schedules won't allow for this, I encourage them 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.



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Check-ins

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

Direct Line: 404-490-1566

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