

PHONE CONSULTATION GUIDE

WHAT'S THE PURPOSE OF A PHONE CONSULTATION?

The phone consultation is an informal meeting that gives us the chance to get to know one another better. The main purpose is to determine if I will be the best fit for you as a therapist. This part is very important because I have an ethical duty to refer you to another therapist if I believe they would be better suited to work with you. The phone consultation is just a conversation and no therapy will take place during our chat.

WHAT CLIENTS ARE BEST SUITED TO WORK WITH ME?

In short, I work with happy couples in committed relationships. I offer premarital counseling for newly engaged couples who want to have a great foundation for their marriage. I also provide relationship enrichment services for couples who are in a committed relationship and want to improve communication, enhance connection, and strengthen friendship.

WHAT CLIENTS AM I NOT THE BEST FIT FOR?

Just because I'm a couples therapist does not mean that I work with all couples. Sure, I have the training and education to work with almost any couple. But I have chosen to narrow my focus so that I can become really great at what I do. Couples who are struggling with high conflict, recovering from infidelity, ambivalent about their relationship, or who may be on the brink of divorce deserve to work with a therapist who has their focus on these issues. So if these concerns are present, I will do my best to find a therapist to best meet your goals. As I mentioned before, I have an ethical duty to refer you out if I think another therapist could be of more support to you. So please remember that it is not a personal decision if I suggest that you see another therapist.

WHAT WILL WE TALK ABOUT?

I will typically ask the usual questions such as: How did you find out about me? What are your main concerns? What are your goals? I will also go over what to expect with structure of sessions, frequency of attendance, and techniques and interventions. We will also discuss scheduling and investment (\$150-\$200/session). I also encourage you to ask me questions as well. Be sure that you take a look at my website before our chat, and that may prompt some questions for you.

I look forward to chatting with you and your partner on our free 15 minute call!

Here's some additional helpful information about phone consultations from Jeff @ Therapy Den