



# PHONE CONSULTATION GUIDE



Cindy Norton, LMFT

## WHAT'S THE PURPOSE OF A PHONE CONSULTATION?

The phone consultation is a brief, informal chat 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. The phone consultation is just a conversation and no therapy will take place during our chat.

## WHAT COUPLES ARE BEST SUITED TO WORK WITH ME?

I work with happy couples in committed relationships. I offer relationship enrichment services such as premarital counseling, couples therapy, and relationship coaching. The couples I work with know that they want to be together, but would like additional support with increasing friendship & intimacy, improving communication, and managing conflict.

## WHAT COUPLES AM I NOT THE BEST FIT FOR?

Just because I'm a couples therapist does not mean that I work with all couples in my practice. Sure, I have the training and education to work with all couples, 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, looking for parenting support, or who may be on the brink of divorce deserve to work with a therapist that specializes in these concerns. I have an ethical duty to refer you to another great therapist if I think they could be of more support to you.

## WHAT WILL WE TALK ABOUT?

I will ask the usual questions such as: 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. 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.

## HELPFUL INFORMATION...

### Sessions

Fee: \$180\* | Length: 60 minutes

\*Private Pay Only, No Insurance

### Scheduling

Days: Tuesday & Thursday

Times: Afternoon & Evening

Feel free to send me an email at [cindy@avlcouplestherapy.com](mailto:cindy@avlcouplestherapy.com) if the fee is not in your budget, if my scheduling availability does not work for you, or if you have a concern outside of my specialty and I will help you to find a therapist that fits your needs.

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

[Click here for additional helpful information about phone consultations from Jeff @ Therapy Den](#)

**[avlcouplestherapy.com](http://avlcouplestherapy.com)**