

Frequently Asked Questions

Will a therapist fix my problems?

Simply put, no. A therapist's role is to help support and guide you to create connections and move forward towards your goals.

Who goes to therapy?

Me, you+ EVERYONE! It is awesome if you are able to see a therapist when everything is going well. It provides a solid foundation to prepare you if/when anything comes up. If not, that's ok. Finding a therapist when you are in the midst of a crisis, transition or stressor is helpful too as your therapist can help move you forward.

Is therapy right for me?

My first thought is if you are wondering if its right for you, it is. Therapy is right for any and everyone. We can all use a nonjudgmental sounding board, but seeking out therapy is an individual choice. There are many reasons why people come to therapy. Therapy can help address many types of issues including depression, anxiety, suicidal thoughts or self harming behavior, conflict, grief, stress management, body-image issues, and general life transitions. Therapy is right for anyone who is interested in getting the most out of their life by taking responsibility, creating greater self-awareness, and working towards change in their lives.

What should I expect?

You should expect to be in a safe, non-judgmental space where you are respected, heard and supported. Each session caters to your individual needs and concerns. It is common to schedule a series of weekly sessions, where each session lasts around fifty minutes. Therapy can be short-term, focusing on a specific issue, or longer-term, addressing more complex issues or ongoing personal growth. There may be times when you are asked to take certain actions outside of the therapy sessions, such as reading a relevant book or keeping records to track certain behaviors. It is important to process what has been discussed and integrate it into your life between sessions. For therapy to be most effective you must be an active participant, both during and between the sessions.

Do you accept insurance? How does insurance work?

To determine if you have mental health coverage, the first thing you should do is check with your insurance carrier. Check your coverage carefully and find the answers to the following questions:

What are my mental health benefits?

What is the coverage amount per therapy session?

How many therapy sessions does my plan cover?

How much does my insurance pay for an out-of-network provider?

Is approval required from my primary care physician?

Is therapy confidential?

In general, the law protects the confidentiality of all communications between a client and psychotherapist. No information is disclosed without prior written permission from the client.

However, there are some exceptions required by law to this rule. Exceptions include:

Suspected child abuse or dependent adult or elder abuse. The therapist is required to report this to the appropriate authorities immediately.

If a client is threatening serious bodily harm to another person. The therapist is required to notify the police.

If a client intends to harm himself or herself. The therapist will make every effort to work with the individual to ensure their safety.

However, if an individual does not cooperate, additional measures may need to be taken.