



CONSULT GUIDE

This guide will help you understand what a phone consultation is and how to best prepare for our time together. I look forward to speaking with you!

What is a phone consultation?

A phone consultation is a short, informal conversation where we'll get to know each other. Most importantly, it's an opportunity for you to see if I'm a good fit for you. As you share about yourself, I'll also listen to ensure I can help you with your concerns. The phone consult is just a conversation and no counseling or coaching will take place.

What should I expect?

I'll give you a ring at the date and time you selected for your consultation. During our talk, I can answer any questions you have, see what you need, and tell you more about what people experience when they have me as their counselor. We'll discuss structure of sessions, cost, and scheduling. You'll be able to gauge if you think we're a good fit and see if you're ready to take the next step.

How can I prepare?

I want you to feel empowered to ask me any questions you have. Before our conversation, think about what you need or want to know. Anything and everything is on the table: questions about myself, my process, fees, cancellation policy, etc. It may feel awkward asking me about who I am and how I work, but counseling is different than other types of healthcare. That being said, it is completely normal to feel nervous about this conversation.

What should I be thinking about during our conversation?

I'd encourage you to check-in with yourself during our meeting. How do I make you feel? Do I seem like someone you can trust? Do you want to stay and talk, or are you counting down each passing minute?

I encourage you to think about these things while we're chatting because I want you to assess if I'm the right fit for you. If I'm not the right fit (which is totally okay!), I can help you find someone that is. The most important thing is that you get the help you need, whether it's with me or someone else.

Helpful Info

Sessions:

Fee: Intake session \$190 | sessions \$170

Private pay only

Location: In-person (Montrose), virtual or phone

Scheduling:

Days: Tuesday-Friday

Times: 10:00 am-2:00 pm

