

What to Ask your Potential Therapist During your free Consultation.

Insurance and Payment Inquiries

- Which insurance do you accept?
- What is the standard fee for each session? Additionally, are there options available for payment plans or packages?
- In the event of a no-show or cancellation, how is this managed in terms of charges?

Financial Assistance Options

- For individuals with varying financial situations, do you provide a sliding scale fee structure?

Experience and Specialization

- Can you tell me about your journey and how many years you've been practicing?
- Considering the diverse approaches to therapy, what treatment methodologies do you prefer and find most effective?

Therapy Structure and Expectations

- To ensure the therapy aligns with individual needs, how often would you recommend we meet each week?
- Understanding that each therapeutic journey is unique, could you provide an overview of the typical duration one might expect in therapy?
- With the increasing flexibility in therapy modalities, do you offer sessions online, in-person, or a combination of both?
- For someone new to therapy, what should they anticipate experiencing during a typical session?
- Collaboratively setting goals is essential. How will we work together to define and refine these therapy objectives?

Schedule your free
consultation today!

