



CONSIDERING THERAPY

One question is a place to start.

You do not need the perfect words. Choose the questions that matter to you, and use the space below for your own.

1 Explore the person and the approach.

- How would you describe your approach to therapy?
- How would we decide what to work on together?

2 Understand the next step.

- What happens after I get in touch, and when should I expect a reply?
- What is the first appointment like? Can I see the space beforehand?

3 Check the practical details.

- What are the current fees, payment options and insurance arrangements?
- What appointment options are available, and what should I confirm?

My first question:

Your questions. Your own pace.