

WELCOME TO MY PRACTICE: Please review the following information and jot down any questions you may have so that we can discuss them when next we meet.

Psychotherapy is not easily described in general statements. It varies depending on the personalities of the psychologist/counselor and the patient, and the particular problems you bring forward. There are many different methods I may use to deal with the problems that you hope to address. Psychotherapy is not like a medical doctor's visit. Instead, it calls for a very active effort on your part. In order for the therapy to be most successful, you will have to work on things we talk about both during our sessions and at home.

Psychotherapy can have benefits and risks. Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, psychotherapy has also been shown to have benefits for people who go through it. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. But there are no guarantees of what you will experience.

Our first few sessions will involve an evaluation of your needs. By the end of the evaluation, I will be able to offer you some first impressions of what our work will include and a treatment plan to follow, if you decide to continue with therapy. You should evaluate this information along with your own opinions of whether you feel comfortable working with me. Therapy involves a large commitment of time, money and energy. I generally recommend a course of treatment to include a minimum of 12-16 weekly sessions, but I am flexible, considering each client's needs and circumstances are different. If you have questions about my procedures, it would be helpful to discuss them whenever they arise. If your doubts persist, I would be happy to help you set up a meeting with another mental health professional for a second opinion. Your approval and confirmation of the Informed Consent Form constitutes acknowledgement of an agreement between us. Please feel free to offer any feedback, comments, or concerns via my secure email at info@nazarethcounseling.com and I will be happy to respond as soon as practicable.

Sincerely,
Barry Winley, MA, NCC, LMHC