

Consultation Prep

A brief guide to help you make the most of your complimentary 15-minute consultation.

What I hope to address

What is bringing me to counseling at this time?

What would I like to feel, understand, or handle differently?

Questions I want to ask

Questions about approach, scheduling, fees, privacy, or fit:

Practical details

- ☐ I am seeking adult individual therapy or couples therapy.
- ☐ I will be physically located in Florida for virtual sessions.
- ☐ I have considered the days and times that generally work for me.

You do not need to prepare a perfect summary. The consultation is simply a chance to share what you are looking for, ask questions, and determine whether working together feels like a good fit.