Before We Talk

A consultation preparation guide | For adults and couples
You do not need to complete this page or have the perfect words. Use only what feels helpful.

What would I like support with?

A few words are enough: stress, low mood, boundaries, communication, a life change, or something else.

What would I like to feel or do differently?

Think about one small change that would matter in everyday life.

What would help me feel comfortable?

Consider communication preferences, access needs, past therapy experiences, or questions about fit. Share only what you choose.

Questions for our call

You can ask about my approach, current availability, fees, insurance, and next steps.

Before the call

Find a private place and keep your questions nearby. The free phone consultation lasts about 15 minutes. If we choose to proceed, intake paperwork is sent through SimplePractice.