

### ***How do I know if I need counseling?***

One quick way to determine if you need counseling is to assess if you are experiencing any symptoms. Some of these symptoms may include but are not limited to any of the following: feeling sad, worrying or over thinking, not having energy, feeling irritable, not sleeping well or sleeping too much, feeling overwhelmed, isolating from others, having difficulty in relationships, feeling stuck or just not feeling like yourself. Another way to determine if counseling is right for you is to ask yourself if it would be helpful to talk to a licensed professional skilled to discuss and navigate difficult topics and to facilitate growth and healing.

It would also be safe to say that if you have spent some time researching counseling, have tried to find a counselor in the area or have looked through my website then your instincts are probably telling you that counseling would be beneficial.

### ***Will any counselor do?***

No. It is important that you feel connected to your counselor and feel like you have a genuinely good relationship with them. Research has shown that the most important factor in predicting success in psychotherapy is the quality of the relationship between the counselor and the client.

Here are a few guidelines for what to expect in your relationship with a counselor:

1. You feel safe with the counselor.
2. The counselor is genuinely concerned about you and your welfare.
3. The counselor consistently tries to understand you, and generally succeeds.
4. The counselors focus is on you, not on him or herself.

### ***What are your credentials?***

I have a Master's degree in Marriage and Family Therapy and I am a Licensed Mental Health Counselor in the State of Indiana. I specialize in anxiety, depression, relationship issues, self discovery and acceptance, life transitions, LGBTQ issues, gender identity, and gay affirming couples counseling.

### ***How soon can I get an appointment?***

New clients are worked into the first available open appointment. Generally speaking, a new client can expect to be seen within 2-5 business days from the day they have requested an appointment. If you feel like you are having a mental health emergency, and feel like you need to be seen right way, please do not hesitate to let your counselor know so that you can discuss the best course of action.

### ***How long does counseling last?***

There are many different factors that go into determining the length of counseling. Some of these factors include: what kinds of things you are seeking help for, your particular goals, how long you have been experiencing symptoms, and your level of motivation and commitment, just to name a few. You and your counselor will assess your goals and continued commitment to the process of counseling periodically throughout your relationship. Counseling can be discontinued at any time and your counselor encourages discussion around terminating services when you feel ready.

### ***What types of payment are accepted?***

Cash, credit cards, flexible spending/health savings credit cards, checks and money orders are all accepted methods of payment.

### ***Are the things I share with my counselor confidential?***

Information shared within a professional counseling setting is protected under the Health Insurance Portability and Accountability Act or HIPAA. HIPAA provides patient protection related to the electronic transmission of data, the keeping and use of patient records, and storage and access to health care records. Additionally, your counselor will keep everything you say completely confidential, with the following (5) exceptions:

1. You and your counselor agree that information can be shared with a discussed party and a “Release of Information” form is signed.
2. Your counselor determines that you are in danger of harming yourself or others.
3. You report information about the abuse of a child, an elderly person, or a disabled individual who may require protection.
4. Your counselor is ordered by a judge to disclose information. In this case, your counselor’s license does provide him or her with the ability to uphold what is legally termed “privileged communication.” Privileged communication is your right as a client to have a confidential relationship with a counselor. If for some unusual reason a judge were to order the disclosure of your private information, the order can be appealed. We cannot guarantee that the appeal will be sustained, but we will do everything in our power to keep what you say confidential.
5. Your counselor may disclose your protected health information to the extent necessary to comply with laws relating to workers compensation or other similar programs, established by law, that provide benefits for work-related injuries or illness without regard to fault.

Please also note that in couple’s counseling, your counselor does not agree to keep secrets between parties. The information revealed in any context may be discussed with either partner accidentally or intentionally. If you have any additional questions about confidentiality please do not hesitate to ask.