

--What to expect in the first session: Questions about whether you've done counseling before and what you expect this experience to be like. Give you a sense of what you can expect from us. Hopefully hear more about your story and what brings you here.

--Expectations: Past counseling experience, hesitations, fears. What do you like? What counseling looks like? I am really excited to work with you.

--My role. My role is to help facilitate YOUR process as a couple or individual. You are the expert of yourselves. I'm here to collaborate with you, as the experts, to figure out where you want to go and what the best path forward is for you. Much of the first few sessions is just going to be letting you tell your story. As the expert of what you've experienced it is important for me to really listen and learn from you.

--My favorite part of counseling is what emerges from that process. Often we create something together that is more than anything we could create alone. You create something new together that is unique to you as a couple, family or individual. You may not have imagined at the beginning. You find your own unique rhythm.

--Transparency. This is a collaborative process I am going to be as transparent and honest as I can throughout it. I don't have any secret psychological tricks I am going to play on you without your knowledge. I ask that same transparency and honesty of you. If you ever have any questions or if you're not sure why we're doing something or if you have an idea you'd like to try... or if you're just a little uncomfortable and don't know why, I want you to feel completely free to speak up about that. Part of our process will be talking through stuff like that.

--Taking Notes. If it's okay with you, I may take notes. This is not to make secret interpretations of your behavior, but to jot down questions or ideas that pop to my mind so I don't forget them, and to help me process and remember your story well, especially these first few sessions.

--Confidentiality. I am bound legally and ethically to confidentiality to the degree to which I can't confirm to anyone that you are even seeing me. Anything you say here stays here. The only exceptions are:

--In cases of imminent danger to self or others. I am obligated to and want to access additional resource people to help us with that.

--Child/elder abuse

--Supervision or consultation: I seek additional help from my supervisor and others I work with who are bound by the same legal and ethical limitations for confidentiality.

--Legal circumstances, like if required by court proceedings or insurance claims

1. Reporting suspected child abuse;
2. Reporting imminent danger to client or others;
3. Reporting information required in court proceedings or by the client's insurance company, or other relevant agencies;
4. Providing information for licensee case consultation or supervision;
5. Defending claims brought by the client against licensee.