

Intro for Therapy Patients

Hi, I am glad you have come to me for help understanding the important things going on in your life and reaching your personal goals. I hope that you will be one of the many people who find therapy comforting and inspiring.

Please keep in mind that the key to successful therapy is a commitment to tune into your feelings and think about your issues on a day to day basis. Then, bring to each session the most moving or puzzling things you discover. So that you know what to expect, I would like to explain a few procedural matters.

Appointments

To make the most progress on your issues, it's best to come for sessions weekly—or at least every two weeks. Sessions are 45 minutes, and toward the end of each we will confirm the time of your next appointment. If you end up needing to reschedule, please do so with at least 24 hours notice to avoid being charged for that slot in the schedule.

Payment

I accept payment by credit card or cash at the time of each session. If you would like to submit for insurance reimbursement, I can give you a superbill containing the information you'll need. If at any time you feel that you can no longer afford to see me, let me know and we can figure out some alternative options.

Telephone Calls

Because it's essential to give you and my other clients undivided attention, your phone call will most often be picked up by my voicemail. When you leave a message, please be as specific as possible. I'm happy to get back to you as soon as I can, and if you need to discuss things in detail we can move up the time of your next appointment.

Confidentiality

Everything we talk about is kept confidential to protect you and to help you feel safe to talk about whatever you feel that you need to.

Finishing Therapy

It's difficult to predict how long anyone will choose to stay in therapy. People vary tremendously in their need for psychotherapy and their interest in it. Many find that a year of weekly therapy is what it takes to get under the surface and learn some really important things about themselves. Others may do well with less. We'll figure what is right for you.

I look forward to working with you!

Adam Cotsen, M.D.