

What to expect from your 1st session with Troy

Congratulations on taking a very important step towards healing and wholeness. I am hopeful that this can be the start of something good in your life. There are lots of theories and approaches to therapy but the key is finding which ones work for you in your specific situation. I promise to give you my very best in helping find that solution.

We do not usually do a lot of problem solving in the 1st session, rather the focus is to get the necessary information across, get a better picture of what's going on with you, establish some goals and see if it is a good fit. Research shows that the relationship with the therapist is a key factor in determining success. I want to make sure we are comfortable with each other.

- Typical sessions last 55 minutes.
- I try very hard to start and end on time so please be prompt.
- We will start by going through the “business” of therapy (See “New Client” form)
- I will explain confidentiality (see “Adolescent Confidentiality” sheet for ages 12-17)
- We will talk about what is going on, what you'd like help with, & what your goals are.
- The last 5 mins is spent taking care of payment; (due at time of service) & scheduling future appointments if desired.

What to bring to 1st session with Troy

1. Forms: Please print off, fill out and bring completed copies of the appropriate forms:

Adults:

HIPAA
Intake
New Client overview- Adult

Minors between 12 -17 yrs old:

HIPAA
Intake
New Client Overview- Minors
Adolescent Confidentiality explanation

2. Insurance card (only if you are planning on using insurance)

3. Check or cash for the full fee: The standard rate is \$130/ session

The initial visit is \$165 & the amount owed may vary if you use your insurance plan.

*Checks are made out to “Troy McLennan LCSW” -greatly appreciated if you fill it out beforehand.