

## **HOW LONG ARE THE SESSIONS?**

Individual therapy sessions are 45 minutes. Group therapy sessions are 90 minutes. Couples and families are encouraged to do double sessions of 90 minutes.

## **HOW FREQUENTLY ARE SESSIONS SCHEDULED?**

Group, Couples, and Family Therapy Sessions are scheduled on a weekly basis. Individual Therapy sessions are scheduled once per week or more often depending on the needs of the individual client.

## **DO I RECOMMEND INDIVIDUAL, GROUP, OR COUPLE/FAMILY THERAPY?**

Depending on your situation and your needs, I make the recommendation during your phone intake. If your situation is related to your family problems or relationship dissatisfaction, I will most likely recommend a Family or Couples Assessment Session. The treatment to be followed can be further determined during your first appointment: assessment session. Some individual's issues are better suited to group treatment, while others are better approached individually. Similarly, some couples receive the greatest benefit from short-term, goal-oriented therapy while for others a longer period of therapy is necessary. If you are interested in therapy, contact me and I will meet with you to help determine the course of therapy that is best for you.

## **HOW MANY SESSIONS WILL IT TAKE TO SOLVE YOUR PROBLEMS?**

Even though I am committed to helping you find solutions that work for you, clients create changes in their own rhythm and it depends on their motivation level, their investment in the process and how much effort they put in between sessions. The more they put in, the more they get out (and the faster they see results!). Short-term psychotherapy focuses on a specific problem, while longer-term explores more complex problems or supports ongoing personal growth.