Welcome to Help for Couples

What to Expect as We Begin Working Together

A Personal Welcome

Thank you for choosing Help for Couples. Beginning therapy takes courage, and I appreciate the trust you're placing in me. My goal is to provide a calm, respectful, and structured environment where both of you feel heard and understood. Before we focus on solving problems, we'll work to understand the unique story of your relationship so that our work together is thoughtful, personalized, and meaningful.

Before Your First Appointment

Please visit https://helpforcouples.com/forms.html to review and complete the Consent & Privacy documents and the Couples Intake Questionnaire.

I ask that each of you complete the questionnaire independently without discussing your answers together. This gives me a clearer understanding of each person's perspective before we begin.

If you have a few extra minutes, I also invite you to explore the website. You'll find information about my approach to couples therapy, answers to common questions, and articles many couples find helpful as they begin this journey.

Your First Month of Therapy

Session One: We meet together to learn your relationship story, current concerns, strengths, and goals.

Sessions Two & Three: Individual sessions to better understand each person's history and experience of the relationship.

Session Four: We come back together to review the themes I've identified and develop a personalized roadmap for the work ahead.

Why We Begin with Understanding

Many couples expect therapy to begin by solving problems immediately. While that can feel satisfying in the short term, lasting change usually begins with understanding. The early sessions allow me to identify patterns, strengths, blind spots, and opportunities so our work is focused on the issues that matter most.

What Makes Therapy Successful

- Come with curiosity rather than certainty.
- Be honest, even when it's uncomfortable.
- Focus on understanding before persuading.

• Practice new skills between sessions.
• Remember that meaningful change happens gradually through consistent effort.

A Few Things to Remember

• We're looking for patterns, not assigning blame.
• Progress is more important than perfection.
• Therapy works best when both partners remain engaged in the process.
• Hope is realistic, and lasting change is possible.

Payment & Insurance

My standard fee is $150 per 50-minute session.

For most clients seen in person, payment is collected at the conclusion of each session. If we are meeting virtually, I will email you a secure invoice on the morning of your appointment.

Although I am not contracted with insurance companies, many clients have out-of-network mental health benefits that may provide partial reimbursement for therapy. I encourage you to contact your insurance company to ask whether your plan includes out-of-network coverage for services provided by a Licensed Marriage and Family Therapist (LMFT).

If your plan offers out-of-network benefits, I am happy to provide a Superbill that you can submit directly to your insurance company for possible reimbursement.

Please note that reimbursement amounts vary by insurance plan, and payment for sessions remains the client's responsibility regardless of insurance reimbursement.

I Look Forward to Meeting You

Thank you again for the opportunity to work with you. If questions come up before your first appointment, please don't hesitate to reach out.

Warmly,

James Gallegos, LMFT
Help for Couples
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