Welcome to Individual Counseling

What to Expect as We Begin Working Together

A Personal Welcome

Thank you for choosing Help for Couples for your individual counseling journey.

Beginning therapy takes courage, and I appreciate the trust you're placing in me. My goal is to provide a calm, supportive, and nonjudgmental environment where you can explore life's challenges, gain new perspectives, and work toward meaningful change.

Whether you're seeking help with anxiety, depression, relationship concerns, life transitions, personal growth, or recovery from difficult experiences, we'll work together at a pace that feels thoughtful and productive.

Before Your First Appointment

Please visit the **Forms** page on my website to review and complete the necessary paperwork before we meet.

This includes:

- Individual Intake Questionnaire
- Consent & Privacy Forms

I encourage you to complete the intake questionnaire thoughtfully and honestly. Your responses help me understand your experiences, concerns, and goals so we can make the most of our first conversations.

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

Your First Month of Therapy

Our early sessions are designed to help us develop a clear understanding of what brings you to therapy and where you'd like to go.

Session One

We'll discuss your concerns, history, strengths, and goals while beginning to build a comfortable therapeutic relationship.

Sessions Two & Three

We'll continue exploring important themes in your life, identify patterns that may be contributing to current difficulties, and clarify the goals that will guide our work together.

Moving Forward

As therapy progresses, we'll develop a personalized plan focused on practical strategies, meaningful insight, and lasting growth.

Why We Begin with Understanding

Many people come to therapy hoping for immediate answers. While learning new skills can be incredibly helpful, lasting change often begins with understanding.

The early sessions allow us to identify important patterns, strengths, and opportunities for growth so that our work together is tailored specifically to your needs rather than relying on one-size-fits-all solutions.

What Makes Therapy Successful

- Come with curiosity rather than certainty.
- Be honest, even when it's uncomfortable.
- Be patient with yourself as change unfolds.
- Practice new insights between sessions.
- Remember that meaningful growth happens gradually through consistent effort.

A Few Things to Remember

- There is no expectation that you'll have everything figured out.
- Therapy is a collaborative process.
- Progress is more important than perfection.
- Growth often comes through small, consistent changes over time.
- Hope is realistic, and meaningful 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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