

3. Effective Therapy Outcomes

Please read the following important information about therapy:

Sometimes we get requests from clients to be seen every three weeks, or even once a month. As an ethical and effective therapy practice who wants you to see and experience positive results, we are not able to offer this appointment schedule. This is because appointments at this level of infrequency will not provide the outcomes you are looking for and will not yield meaningful and lasting change.

Positive, effective, and lasting outcomes of therapy are not related to the overall duration of treatment, but to the consistency and frequency of treatment (i.e., appointments). This is especially the case at the beginning of therapy when initial changes are being made. You will see and experience much greater results coming to 10 consecutive weekly therapy appointments compared to 10 consecutive monthly appointments.

Further, what we know, based on research, is that it is most effective to be seen weekly. With this pace, you can get through treatment quicker than spaced out appointments and we can more effectively and appropriately address past and ongoing problems while helping you learn pivotal skills to reduce the mood symptoms you are experiencing and the reason you are seeking therapy (anxiety, depression, etc.).

Lastly, it is also common for many people to feel better after making their first therapy appointment, and especially after attending the first 1 to 2 sessions. When this happens, it is likely the initial boost is genuine; however, there is often still much more "work" to be done. If this happens, we encourage you to speak with your therapist to get a realistic understanding of why it is likely not helpful for you to terminate services and moreover, why it is important to continue attending therapy sessions. After all, the reasons for which you seek therapy likely did not occur in a one to two week timeframe; likewise, it takes more time than that to make genuine, lasting changes in your life.

We want you to have a successful and effective therapy experience, and we know that your commitment to the therapy process by attending appointments consistently and at the recommended frequency are key to your success. At the beginning of therapy, your appointments will be scheduled each week.

*Please sign to acknowledge you have read and understand this information: Your appointments are scheduled at the frequency of one appointment each week. We cannot schedule appointments less often as we want you to experience meaningful outcomes from therapy, and this especially true at the beginning (first 6 sessions) of therapy:

Printed Name of Partner (REQUIRED for Couples Therapy)/Digital Signature: