

What should I expect during the first visit?

It is not unusual to feel nervous or anxious on your first visit to a psychologist. Sharing your personal information with a new person can be anxiety-provoking, but many people report feeling relieved after their first meeting. My goal is to make you feel as comfortable as you can, and provide you with a safe environment so you can tell me why you are seeking help. In our first session together, I will ask you questions about why you are coming to see me, what you are hoping to accomplish in therapy, and a little bit about your background so I can gain a better understanding of what is troubling you. This will also be a good chance for you to get to know me a little bit so you can determine if you feel comfortable working with me. Our first session together will involve an evaluation of your needs and what you hope to accomplish. By the end of this brief assessment, I will offer a general idea of what our work together will entail as well as a treatment plan to follow should you decide to continue with psychotherapy.