

## Questions You May Want to Ask

1. How often will we meet?
2. What should I do if therapy isn't working?
3. How does your kind of therapy work?
4. What are the possible risks involved? (divorce/depression)
5. What other types of therapy or help is there? (support groups)
6. How often do they work?
7. What kind of records do you keep? Who has access to them?
8. Under what conditions are you allowed to tell others about the things we discuss?
9. Do other members of my family have access to information?
10. How are appointments scheduled?
11. Do I have to pay more for a longer session?
12. How can I reach you in an emergency?
13. What happens if I am sick or the weather is bad?
14. Do I need to pay for telephone calls?
15. If I lose my source of income, can my fee be lowered?
16. What is your training and experience? Are you licensed? Who can I talk to if I have a complaint about counseling that we cannot work out?

The above information deals with most of the questions you will need to know. I will be happy to explain more about these issues and answer any questions you may have. My biggest desire is for you to have a positive experience with counseling.

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