

What to Expect in Your First Session

It's normal to feel curious, cautious, or uncertain before your first session. This guide will help you know what to expect.

Getting Started (5–10 minutes)

To help you settle in, we'll begin with a couple of brief forms:

1. **Intake Form** – This helps me understand a bit about you, why you're here, and any relevant history or safety concerns.
2. **Consent Form** – We'll review this together so you're clear on confidentiality, your rights, and practical details like session length, fees, and cancellations.

The First Session

After the forms, we'll start getting to know each other at a pace that feels comfortable for you.

You can share as much or as little as feels right, and my role is to listen with care and curiosity, helping you feel safe as we begin.

Questions Are Welcome

You're welcome to ask questions at any time — about the process, my approach, or anything else.

It's normal for it to take a few sessions to feel fully settled. We'll find a pace and frequency that suits you.