

using creativity to redefine obstacles

WELCOME PACKET

Here's everything you need to know
about beginning THERAPY with me.



WWW.CROWNCONNECTIONSLLC.COM



Welcome!

I'M KATERIA

As a Licensed Clinical Mental Health Counselor (LCMHC) and a National Certified Counselor (NCC), my education and experience allows me to create a safe and respected relationship with clients in which we plan and execute ways to move past anxiety, depression, trauma, difficult life adjustments and more. My approach to therapy is creative, culturally inclusive, person centered and evidenced based. I understand the patience that is required when beginning therapy and I look forward to exploring how we can work together to help you achieve your goals. Thank you for allowing me to be a part of your journey.

WHAT TO EXPECT

1

The initial therapy session will be more of an in depth conversation that helps me to understand what brings you to therapy, identify your major stressors and explore family dynamics.

2

For insurance a formal diagnosis is required but does not define what you will be able to accomplish in therapy. We will mainly focus on what patterns or behaviors you want to improve.

3

Therapy will not change your life over night. It is important for you to be patient with yourself and to use this time to explore your life and experiences.

4

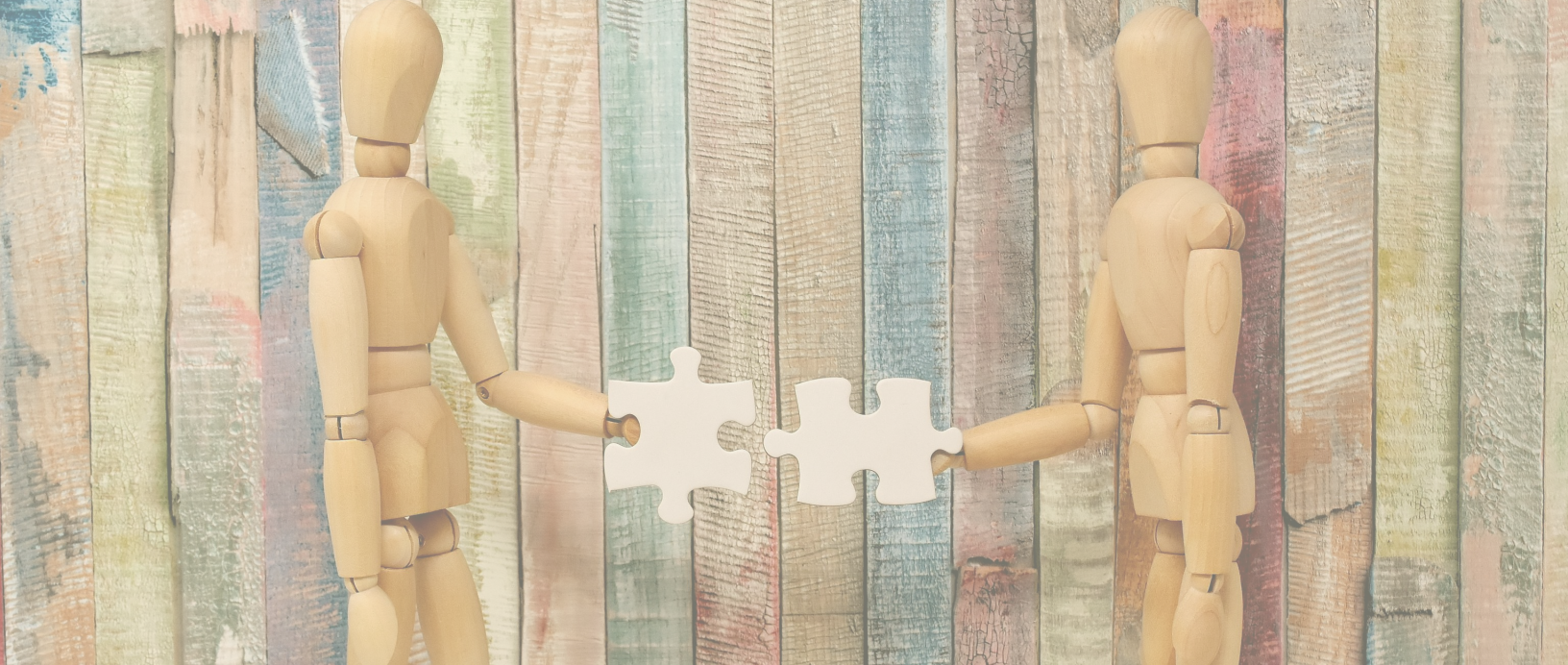
Consistency in therapy is key. Therapy sessions will begin weekly or biweekly and transition to biweekly or monthly as client progresses.

5

Self-Pay and/or Out of pocket cost will be addressed the initial session. If insurance is used, your insurance policy predetermines if you will have a co-pay or no out of pocket costs.

6

It is normal to experience a range of emotions during the process of therapy. You are in control of the therapeutic process and it will only be as successful as you make it. Vulnerability leads to growth.



IN THERAPY WE WORK TOGETHER

WHAT I WILL NEED FROM YOU

- ✓ Complete questionnaire and payment/insurance information.
- ✓ Be patient with yourself.
- ✓ Give yourself permission to go outside your comfort zone.
- ✓ Invest in yourself mentally, emotionally and spiritually.
- ✓ Give 24 hr notice if you need to cancel a session.



A NEW CHAPTER

Virtual therapy allows you to create a safe and comfortable therapy space on your terms. After each session take some time to debrief by stretching, taking a walk, or listening to a calming song before jumping back into work or a new conversation. Take a break.



IMPROVE YOUR MENTAL HEALTH

CHALLENGE YOURSELF TO



01

Workout

02

Drink more water



03

Meditate

04

Sleep 6-8 Hours



05

Journal



REMINDER SPACE

Suicidal or Homicidal Ideation

- Virtual therapy is not intended to be used as crisis services.
- If you feel that you are in danger or immediate threat to yourself or someone else please call 9-1-1.
- National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Note :



READY TO GET STARTED?



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