

## **Before Beginning Our Professional Therapeutic Relationship**

### **My Therapeutic Orientation**

Thank you for taking the time to consider entering into a therapeutic relationship in which I may assist you in your process towards decreasing distress and living your life to the fullest. Entering a therapeutic relationship is a big decision that I take very seriously and I encourage you to do the same.

I find that I am most able to support people in their growth using a primarily *psychodynamic approach*. This means that I am most interested in a person's internal life and structure or how one relates to the world. It is in this deeper understanding that we can work towards meeting your goals. An esteemed psychotherapist, author and professor puts it this way:

*"It seems to me that that overarching theme among psychodynamic approaches to helping people is that the more honest we are with ourselves, the better our chances for living a satisfying and useful life."* Nancy McWilliams, PhD., *Psychoanalytic Psychotherapy*

In addition, I may use other techniques that I have found to be helpful. My use of these will depend on the goodness of fit for you and your situation. Some of these areas of approach are mind body medicine and yoga therapy as well as using cognitive behavioral therapy.

### **The Initial Appointment**

Our initial appointment is an assessment for both of us. Studies again and again show that the benefits of therapy are strongly influenced by the level of trust and rapport between therapist and client/patient. I encourage you to be honest with yourself and ensure that the fit feels good. I am always happy to help you consider another professional who may better meet your needs. I will also be assessing whether I am the best professional to assist you. Our initial session will be about determining this and the best approach and treatment plan for your situation. For this reason, and others (such as privacy and financial), many people choose to pay privately for the first session.

### **Before we first meet, I ask that you do the following:**

- Read, complete and/or sign the necessary intake forms which can be found on my detail page on our website [www.midtownmind.com](http://www.midtownmind.com). These forms are the Adult Client Information Form, The Notice of Privacy Practices, Information for Clients and the Adult Behavioral Checklist
- If using health insurance, contact your insurance company so that you are aware of your benefits
- If there is time and it is possible, send me the completed forms via fax or mail or drop off
- If using health insurance, send me a copy of your health insurance card via mail or fax or drop off

I hope that this information is helpful in orienting you to the process of therapy in my office. Please feel free to contact me with any questions or concerns. I would also encourage you to visit our website at [www.midtownmind.com](http://www.midtownmind.com) for more information.

I look forward to meeting with you in person.

Sincerely,

Julie Luzarraga, LICSW, DCSW