

What to Expect

If you are curious about pursuing therapy, you may contact Alisa via email at alisa@lotusgemtherapy.com. You are welcome to ask questions about your interest in therapy with me.

Please note that I do not accept any type of insurance.

Consultation

A 15-20 minute phone consultation will be scheduled during which you will be invited to share what is making you reach out at this time for support and guidance. I will share how I typically work with clients, how I can support you, scheduling and fees. I will also answer any questions you might have about the process.

Initial Appointment

If you decide to arrange an initial appointment, you will be asked to complete opening paperwork. Completing the paperwork will help me to get to know you a bit and will inform you of my office policies and your legal rights. At the end of the initial session, we'll discuss whether it feels like a good fit and whether you would like to proceed with therapy.

Compatibility

Although it is important that you work with a therapist who is well qualified and licensed, and possesses the educational credentials to conduct psychotherapy, it is just as important that you experience the right relational fit with your therapist. The fit between you and your therapist is a very important indicator of how well you will benefit from the treatment. Pay attention to how you feel in the presence of your therapist. Reflect upon how well you are listened to and how safe you feel revealing your most personal thoughts, feelings, and experiences. Do you feel honored, respected, and understood? Is your therapist helping you develop the inner resources and tools that will help you to feel clearer, more aware and self-empowered? Are you experiencing symptom relief, and are growing in your capacity to be more open and receptive to new experiences and people? Lastly, are you feeling therapy is assisting you in realizing that you have the power to make choices in your life?

Course of Treatment

Most clients schedule one psychotherapy session weekly. However, you can be seen more than once a week depending on the nature of your concerns and goals. You may also schedule regular appointments every other week. Another option is to simply call as needed to schedule appointments.

A Word about Confidentiality

Any information discussed in the context of therapy is confidential and will not be shared with anyone else without written permission from a client. However, there are three exceptions to this rule once you have become a client: 1) If you plan to harm yourself; 2) If you plan to harm another person; 3) or if there is any abuse of a child or an elder. We can talk more about confidentiality and its limits if you have further questions. You will be asked to read and sign a form called Consent to Treatment which will explain your rights to confidentiality and its limits in greater detail. If at some point you would like Alisa to release information to someone about your treatment, you will be asked to sign a form called a Consent to Release.