

Session Length, Attendance, and Treatment Commitments

Our session times range from 17 minutes to 60 minutes, offering flexibility to meet individual needs. For new clients, we recommend attending sessions once per week during the initial 8 weeks to establish a strong therapeutic foundation. Clients identified as high risk are encouraged to attend sessions twice per week, with additional support through complementary wrap-around services to enhance their healing journey.

To foster positive treatment outcomes, we urge clients to engage actively in their therapeutic process. This includes conducting research before selecting a therapist, committing to the therapeutic journey with consistency, practicing vulnerability and transparency, attending sessions as scheduled, completing assigned homework and activities, and adhering to the agreed-upon treatment plan. Your dedication to these aspects significantly contributes to the success of your therapeutic experience.