

*** WELCOME ***

I love working with people like you --people who are interested in taking a more active part in their lives and relationship and are ready to learn and explore new avenues to improve relationships and increase their sense of meaning and purpose in life. I'm really looking forward to working with you, so let's started:

What you'll need to have ready before the first appointment:

- Completed **1) [intake](#)** and **2) [release forms](#)**. Clicking on these two highlighted words will link you to the online pages for the forms. Fill them out and then fax, email, or mail them back to me.
- **Paper and pen**; or better yet, a new journal and new writing pens as a commitment to this new phase of learning.
- A list of your **questions!** Write them down so you don't forget anything you think is important to tell me.

During the first appointment:

- I'll get more detailed information and start answering your questions.
- We'll discuss your unique situation, background, and values.
- We'll talk about possible options for working together.
- We'll decide on possible material for work between sessions.
- Finally, we'll formulate a tentative plan for future sessions.
- We'll make a follow-up appointment, usually within 1 to 2 weeks.

What you'll do between appointments:

- Write any **dreams** or entries in a **journal** if that is going to be part of our work.
- Do any **reading, evaluations, or homework** we've chosen together.
- Make notes about any **issues or questions** that have come up. We'll want to address them the next time we meet.

At subsequent appointment(s):

- We'll go over any dreams, homework, or insights you've brought.
- We'll address any additional questions and problems.
- We'll evaluate what seems to be working and where you feel stuck.
- We'll fine-tune our work together or formulate a new plan.