THE CLIENT INTAKE PACKET

Welcome to the journey toward emotional wellness, personal growth, and meaningful transformation. The client intake packet has been thoughtfully prepared to help establish a collaborative and supportive therapeutic relationship from the very start. As you embark on this journey, it is important to know that therapy is a deeply personal and unique experience, and your comfort, goals, and overall well-being are my highest priorities.

Inside your intake packet, you will find important documents designed to gather essential information about you, your history, and your therapeutic needs. These forms include questions about your background, presenting concerns, mental and emotional health, physical wellness, and your expectations for therapy. Providing thorough and honest answers will greatly enhance the effectiveness of our initial sessions and enable me to develop a personalized, strength-based approach tailored specifically for you.

The therapeutic relationship thrives on transparency and integrity (trust, honesty, openness, and clear communication). I am committed to creating a safe, comfortable, affirming, and compassionate environment where you can freely explore your relationships, thoughts, feelings, behaviors, and life experiences without judgment. Whether you are dealing with emotional distress, relationship challenges, mental health diagnoses, navigating life's transitions, or seeking personal enrichment, therapy offers an empowering space for self-discovery, healing, and meaningful change.

Please take your time to complete this intake packet carefully. If you encounter any questions or feel uncertain about how to answer, I encourage you to bring your thoughts and concerns to your initial session. Remember, there are no wrong answers; each response helps me gain valuable insights into your unique experience.

Thank you for trusting me with your mental health care. I look forward to supporting you on your path toward healing, emotional intelligence, resilience, personal empowerment, interpersonal effectiveness, transformation, and lasting well-being.