

Welcome to ECFA Counseling Center !!!

We are pleased that you have chosen ECFA Counseling Center as a resource to assist you in addressing important issues in your life.

One of our priorities is that you will feel listened to, supported, and understood by your therapist. A second priority is that you and your therapist, working as a team, will effectively address the issues and concerns that bring you to counseling.

What you can expect at your first appointment

1. Prior to meeting with your therapist, we ask you to complete the Client Application and Information from Client questionnaire. These will provide us with some basic information about you. They will either be mailed or e-mailed to you in advance or you will be asked to arrive 30 - 40 minutes prior to your first session to complete the information. Your therapist will ask which option you prefer at the time the appointment is scheduled.
2. During the first appointment, your therapist will seek to gain a better understanding of the factors that prompted you to seek counseling. He or she will also explain the counseling process further.

What you can expect at future appointments

A plan for counseling will be developed by you and your therapist and will become the “blueprint” for your work together. The plan can be changed when you and your therapist believe it is time. When the goals of the plan are attained, counseling can be discontinued or the goals can be revised and counseling continued.

Appointments are normally scheduled weekly for the same time each week. It is important for you to arrive about five minutes prior to your scheduled appointment so that it can begin on time. Should your schedule change, please inform your therapist so that a more convenient time can be discussed. We ask that you pay the fee that applies to you at each appointment. Your therapist will accept your payment.

A final word about confidentiality

We take your right to privacy very seriously. Information you provide your therapist will not be given to any other party without your signed consent, except for the following circumstances:

1. Suspected child or elder abuse or neglect; 2. Imminent harm to self or others; or 3. court order or subpoena. We are required by state law to respond to those circumstances to protect potential victims. If you have any questions or concerns, please speak with your therapist.

We wish you well in your counseling experience.

Sincerely,

The ECFA Counseling Center Team