



## Welcome To My Practice

Dear Client:

In order to help you receive the most out of our therapeutic relationship I would like to bring to light a few important issues for your consideration to ensure that you feel comfortable pursuing professional counseling. Firstly, you should be aware that based on the nature of psychotherapy, some uncomfortable feelings may surface. This is a normal progression of healing and should be seen as a sign of progress. It is important to remain committed to the therapeutic process and attend your regularly scheduled therapy sessions. Healing takes time and it is unlikely that you would benefit from just a few counseling sessions.

Secondly, one of my jobs as a therapist is to “model” appropriate behaviors for my clients and one important element of the therapeutic alliance is respecting healthy boundaries. Keeping scheduled appointments is important. I respect your time and ask the same in return. **If you are unable to keep an appointment, I respectfully ask that you call in advance (24 hours) to reschedule your session. If you do not give me 24 hours’ notice, you will be responsible for the session fee as I cannot bill insurance companies for missed sessions. If you are a “no show” for a scheduled session, you will be discharged in one week if I don’t hear from you to reschedule.**

Respectfully,

Heidi D. Hughart, LPC, NCC, LLC

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