

CLIENT ORIENTATION AND INFORMATION

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Welcome to therapy! Therapy is a process that allows you the space and privacy to discuss issues that are painful or difficult to discuss with family and/or friends. If this is your first experience with therapy, you may feel a bit nervous or apprehensive. That's normal! Feel free to share your thoughts and feelings about this and to ask any questions about the process.

Therapy works best when **clear goals are set** and used to guide the process. Here are some suggestions for making your therapy experience more effective: a) think about what you'd like to get out of the experience; b) bring questions, issues or concerns with you to each session; c) share your experience with me – let me know what you think is working in therapy or isn't working, or if your goals have changed; d) make a commitment to the process and attend sessions regularly. You can end the process at any time.

Your therapy **sessions are strictly confidential**. Your written permission is needed for me to discuss your case outside of the office. The exceptions to this rule are

- known or suspected physical abuse, sexual abuse, or neglect of a child or vulnerable adult
- if you threaten bodily harm or death to yourself or another person
- if a court of law issues a legitimate court order (signed by a judge)
- if you are in therapy because of a court order

If you need to **cancel an appointment**, please call 24 hours in advance. Otherwise, you will be charged the full fee, not just your insurance co-pay (if using insurance). If you are going to be late for an appointment, please let me know. Otherwise, I will wait for 15 minutes past the scheduled appointment time and then assume that you are not coming.

Your scheduled appointment time is dedicated to you and your therapy process. You may have questions, concerns and thoughts that you'd like to share with me between sessions. Feel free to write them down and bring them with you to the next meeting. Sometimes things become very difficult between sessions and need to be addressed sooner. My therapy practice is not set up to handle emergencies but the following community resources are available:

Champaign County Crisis Line (217) 359-4141
The Pavilion (217) 373-1700
911

I am a wife and mother of four children and balancing work and family time is a priority. Other than scheduling, I do not typically respond to communications over the weekend or in the evenings when not in the office.

Feel free to ask any questions regarding this information or any questions about your therapy experience in general. My goal is to provide you with professional, effective services. I look forward to working with you.