



INITIAL INTAKE CONSULTATION GUIDE

What is the purpose of a consultation?

Our initial intake consultation is set up to give you a full picture of what therapy with a RAM CIRCLE therapist will look like. First, your therapist wants to get an idea of the presenting concern you have that is the reason you are seeking therapy. Your therapist will gather a concise history from you relevant to your presenting concern. Your therapist also wants to hear your needs and help to explore how they may be able to help you work through them and ultimately accomplish your therapeutic goals. Your therapist will also explain our various specializations and if appropriate give you an opportunity to have a trial at one of our modalities using a relevant concern that you've picked. This consultation gives you and your therapist a chance to get to know one another by offering each of you a snapshot of future work together. The consultation is also used to support you as a client in making an informed decision in finding your ideal therapist to work with by determining if our practice is a good fit for you or if a referral to another is more ideal.

What will we talk about?

Your therapist is interested in learning your motivation for considering therapy at this time. He/she/they will ask you questions about your presenting concern(s), identify your goals for therapy, as well as other follow up questions that will help to decide whether we are suited to serve your needs. At the end of this hour-long dialogue, both therapist and client will be able to decide what is the best suited next step. Most times, clients decide they want to move forward with a session. Other times, a person or therapist may decide that a referral is best suited for the client's goals.

Who are we best suited to work with?

We serve clients who want to work through and resolve issues around self-esteem, attachment and generational trauma as well as stress related conditions. The common symptoms are manifested as follows: feeling anxious, constant state of panic, binge eating, limiting beliefs, self-doubt, self-abandonment, self-sabotage, overthinking, rumination, chronic pain, GI dysregulation, perfectionism and more. Our clients are serious about learning to find new ways to see themselves, improve their ability to attune and repair emotional wounds that have kept them from being active in their lives and asserting their true selves.

The principal treatment approaches used are Brainspotting, Dialectic Behavior Therapy, EMDR and Narrative Therapy.

Helpful information

We accept BCBS, CareFirst and Cigna and private pay. We will submit superbills for all out of network plans and private pay. TELEHEALTH (video sessions) ONLY throughout the Covid-19 pandemic

Click our FAQs for additional helpful information

We look forward to serving you

www.ramcircle.com