



Nancy Bothwell, EdD
Registered Psychotherapist, RMFT
Nancy Bothwell Psychotherapy Services

FIRST SESSION ORIENTATION

Thank you for choosing **Nancy Bothwell Psychotherapy Services** for your mental health care. I recognize that you have many choices and I value your confidence and trust in me.

Please consider downloading and completing the required paperwork prior to your first session. Completing this paperwork allows us to spend more time on clinical, rather than administrative, issues during the first session. Forms to read and/or complete include:

1. Welcome to Psychotherapy
2. Individual Intake Form *or* the Partner Intake Form
3. Email & Text Messaging Correspondence
4. Financial Agreement & Disclosure

Some things to know and think about *prior* to our first session:

1. I will collect the paperwork, clarify the importance of confidentiality, answer all your questions, and address any concerns you might have about the paperwork or psychotherapy in general.
2. I prefer to have the name and contact information for your family doctor, previous psychotherapist, and specialists you are currently working with, however I will *not* contact them without prior written consent.
3. It is particularly helpful for the therapeutic process if you bring a list of goals for your time in psychotherapy. Please be as specific as possible. For example: How will we know if psychotherapy is helpful? What will be different in your life if psychotherapy is helpful?
4. I am looking forward to meeting with you!

GOALS FOR THERAPY: (List all. This is a fillable form.)

- 1.
- 2.

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