**Introductory Questions**

Hi there,

I’m so glad that you’ve reached out and are actively considering therapy! Selecting a therapist is an important step and I want to ensure that you’re aware of my approach and have taken the time to consider whether the approach is what you’re looking for.

Before our initial 30 minute phone consultation, where I will learn more about what you’re looking for and answer any questions you have about me and the therapy I offer, please respond to the following questions:

1) What brings you to consider therapy? What general issues? Why now?

2) What are your main goals/objectives for therapy and what do you want to get out of it? What would you want to see/learn/change that would make it a “success”? What would be your “magic wand”? Here is an article about therapy goals. <https://www.psychologytoday.com/us/blog/raising-happiness/201512/are-you-setting-the-right-goals>

3) How open are you to commit 100% to regular homework (at maximum of 20 minutes a day of reading/podcasts, mindfulness practice, collecting or working on thoughts, exercise for mental well-being) between sessions in order to learn and integrate powerful new tools and ways of thinking that will ultimately help you reach your goals for therapy?

4) Please read the following page about the approach written by Dr. David Burns, the creator of TEAM-CBT. <https://feelinggood.com/team-vs-cbt/>

Here is another about CBT in general. <https://www.psychologytoday.com/us/therapy-types/cognitive-behavioral-therapy> Now that you’ve read about the approach in its entirety, what do you like? What additional questions do you have?

5) How have you been referred? Are you looking to use insurance and, if so, which insurance? Are you using EAP benefits through your employer? If so, who is your employer?

6) Are you interested in discussing an “intensive therapy” approach where we would meet for 120-minute sessions one to two times a week rather than one 60-minute session per week in order to maximize treatment and reach goals more rapidly?

7) Would you prefer to connect by phone for a free 30-minute phone consultation or schedule a longer 50-60 minute video consultation billed to insurance? What is your best contact phone number?

8) Will my availability work for your schedule? I offer virtual sessions Monday-Friday 8:30-2:30 beginning on the half hour.

\*\*If you’d like to move forward with the consultation process, please email this form to me mailto:therapy@adriennecaneilang.com

I’ll reach out to you promptly to set up a time to speak!

This approach isn’t necessarily a fit for everyone. If after answering the previous questions, it seems my approach is not what you’re looking for, I’d be more than happy to help connect you with another therapist who is a better fit. Please let me know.