



CLARITY CALL GUIDE

CHRISTINA TAYLOR | ADOLESCENT MENTAL HEALTH

**** PLEASE REMEMBER TO CALL 980-553-1048 AT THE TIME OF YOUR CALL**

WHAT IS THE PURPOSE OF A CONSULTATION CALL?

The clarity call is a brief, informal chat that gives us the chance to get to know one another better. The main purpose is to determine if I will be the best fit for you or your child as a therapist. The clarity call is just a conversation and no therapy will take place during our chat.

WHAT WILL WE TALK ABOUT

I will ask the usual questions such as: What are your main concerns? What are your goals? I will also go over what to expect with structure of sessions, frequency of attendance, and techniques and interventions. We will also discuss scheduling and investment. I also encourage you to ask me questions as well. Be sure that you take a look at my website before our chat, and that may prompt some questions for you.

WHO PARTICIPATES

If the call is for a teenage client, it is up to the guardian whether the teen participates in the call or not. Due to ethical considerations, I do require a guardian to be present for the entire call.

WHAT CLIENTS AM I NOT THE BEST FIT FOR?

It is important to find a therapist who is a good fit for you! I have chosen to narrow my focus so that I can be really great at what I do. Clients under the age of 12, or those presenting with eating disorders, substance use disorders or who require a higher level of care than weekly outpatient therapy deserve to work with someone who specialize in these concerns. I have an ethical duty to refer you to another great therapist if I think they could better help you.

HELPFUL INFORMATION

Sessions

Fee:\$125 | Length: 50 minutes

(intake appointments are 80 minutes and \$150)

**I am not in network with any insurance companies - ask your provider about out of network benefits*

Scheduling

I have appointments from 11a-7p throughout the week. I also have Saturday morning appointments, but those fill quickly.

Covid-19 updates

I am currently seeing a limited number of clients in office with masks. I also offer virtual sessions and walk and talk outdoor sessions.

I LOOK FORWARD TO CONNECTING WITH YOU!

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