

The background of the image features a light-colored wooden surface. In the top-left corner, there is a cluster of dried, brown leaves. In the bottom-right corner, a portion of a green, textured notebook is visible, with a gold-colored pen resting on it. A large, semi-transparent, light-pink rectangular box is centered over the image, serving as a backdrop for the text.

TIPS

for

*15 Minute
Consultation*

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Welcome

Thank you for scheduling a FREE 15 minute consult with me. I hope that this quick meeting will allow you to get some questions answered about therapy and how it will work with me.

Here are some general questions that are common to ask in a free consult. Please feel free to create your own questions or revise the questions below.

Common Questions

- *What do we do in therapy?*
- *What is your therapeutic style?*
- *What types of therapy modalities do you use in therapy?*
- *Do the things I tell you stay private?*
- *How long does therapy take?*
- *What are the risks of doing therapy?*
- *Do you have experience treating the issues I'm dealing with? (see next page)*
- *Do you have availability that fits my schedule?*
- *How much do you charge per session?*
- *How do I pay for therapy?*
- *How long are sessions?*
- *What is your cancellation policy?*
- *What happens if I need to end therapy?*
- *Do you provide therapy in person or virtually?*
- *How do I know if therapy is working?*
- *What are the next steps if I am interested in moving forward with therapy?*

Symptoms/Experiences

Below is a general list of some of the situations I work with. This is not an exhaustive list.

Anxiety

Depression

Race-based Trauma

Intergenerational Trauma

Panic Attacks

Overthinking

Changes in appetite

Low moods

Anger

Frustration

Hopelessness

Bad Nerves

Etc.

Issues

Codependency

Coping Skills

Family Conflict

Intergenerational trauma, race-based trauma,

Life Transitions

Marital and Premarital

Parenting

Peer Relationships

Relationship Issues

Self Esteem

Stress

Trauma and PTSD

Women's Issues

Microaggressions

Imposter syndrome

and many other issues

Please feel free to ask other questions in the 15 minute consult. If you have other questions after our time together you can email me at mmoise@marshamoiselcsw.com

SEE YOU SOON!

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