

## First Session at Melbourne Queer Psychologist

### **Before we first meet:**

After you contact me, I'll get in touch via phone or email to discuss whether I'm available to take clients, and a good fit for you. I will then send an Intake Form for you to fill out, and a Consent form for you to read and sign. These are quite standard practice, and help save us time when face to face, to focus on the things you want to address. Please let me know if you have any questions or concerns with either, I'm happy to explain or discuss them.

### **On the day:**

You'll make your way to the waiting room in the Wellbeing Wing of Abbotsford Convent 10-15min prior to our scheduled appointment time. The Convent is large and sometimes confusing to navigate, so please use the maps and video I've uploaded online.

I'll collect you from the waiting room at our appointment on time unless there is a client in acute crisis. We'll go to the counseling room and begin talking about what's going on for you. It is common to be nervous about a first session, so it is OK to take your time with talking. I'll have water, stimming devices, and some control over lighting/temperature, so please let me know if I can make you more comfortable.

A first session is often about discussing what is the major thing you'd like to work on with me, a plan of how we might do that, and things you'd like to change. It may involve some information gathering or history. I also need to make sure basic administration is covered.

After our 50 minute session, I accept payment through bank card/EFTPOS, and we will book in a next session. If accessing Medicare rebate, I process this online using your bank details and Medicare card, and usually payment goes through in the next few days.

### **After the session:**

It can be an accomplishment and challenge to see a therapist for the first time, especially if you haven't ever done counseling before. Please plan to have a gentle, lower stress day following this appointment. This will allow some space to reflect, and look after yourself. If you have any questions, or resources you're seeking, email contact is the best way to communicate outside of session.