

For Your Information

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How long does counseling take?

Length and frequency of treatment depends upon the individual needs of the client. It is helpful to discuss this at the beginning and periodically throughout your treatment.

Does length of treatment indicate the prognosis of my problem(s)?

No. It is based upon the agreement we make which is based upon what we decide together is right for you.

Can I refer family members or friends?

Yes. In some occasions it is more suitable for someone close to you to see a different therapist.

Can you refer me to someone else if you can't help me?

Yes.

What if I don't feel like coming?

Come anyway and we can discuss it. It may be time to look at the frequency of your sessions or termination; it may be that you are approaching difficult issues; it may be that you simply didn't feel like coming, whatever it is, it is important to share.

Do you discuss your clients with colleagues or consultants?

Sometimes, in such cases clients' identities are kept confidential. Details of cases are left out to ensure this. It is common practice for therapists to discuss clinical issues with one another, and essential in the provision of the highest quality of service.

What does my insurance company need to know about my treatment?

All need to know diagnosis, type of treatment. Some of them want treatment plans and progress notes/summaries. You will be informed ahead of time if anything more than what is always asked for is requested.

How can I be sure counseling/therapy is helping?

Ask yourself some questions. Do I feel I have a positive alliance with my therapist? Do I feel more hopeful than I did before I started counseling? Have I completed or made progress on any of my goals? Am I keeping all the appointments I schedule? Do I have more confidence that I can reach my goals than I did before I started? Discuss this with your therapist.

What are reasons people come for counseling/psychotherapy?

The list is endless, but here are some common ones: adjustments to life changes/transitions (new job, new child, new relationships, going back to school, relocating, getting sober), changes in eat/sleep, difficulties and/or somatic symptoms despite medical rule out, seeking relief from feeling run down, frequently irritated or angry, depressed, intrusive, obsessive thoughts, worries, desire to improve parenting, acting out behaviors by children, adolescents, family issues: frequent arguments, divorce, separation, custody, loss of member, marriage, new member, traumatic incident(s), recent or distant past, desire for improved relationships, domestic violence related issues, substance abuse related issues, "instinct" or "intuition".

Are there things I can do between sessions to help my progress?

Yes, research has shown that what people do between sessions can facilitate the progress and healing. Here are some things to consider:

Drink lots of water. We have all heard that drinking certain amounts of water daily is what is best for our health. Water helps our brains work better. If you have had an especially emotional session, or times between sessions that are emotional, be sure to keep yourself hydrated.

Exercise/nutrition. Again, we've all heard this. Exercise can enhance our progress by reducing stress

that is associated with the healing process. Balanced nutrition can keep our energy at a healthy place.

Keep a journal. It doesn't have to be daily; it can be whenever you find the time. Getting our thoughts outside of our minds can help us to have more objectivity and insights into how we might change things, how we feel, what choices we have. **Learn to self observe**, if you don't already know how. Be mindful of your actions, thoughts and feelings. If you aren't sure how to do this, let me know and I can teach you.

Education: The self help section of your library or bookstore can be overwhelming, but also enlightening. There are books written on every topic that is associated with change, psychology, emotions, trauma, grief, positive thinking, depression, child rearing, and addictions. Browse and see what interests you. I can sometimes recommend specific books or authors, so feel free to ask me for ideas.

What if I miss an appointment? Call right away and let me know. My policy is that I request 24 hour notice or you are responsible for payment of the session time.

Occasionally clients wait a week or more to reschedule after a missed appointment. In such a case I cannot promise that I will be able to offer you the same session time.

What if I need to cancel or reschedule an appointment?

Please let me know 24 hours ahead of time. Your appointment time is set aside for you. If you are not able to make it, someone else can use the time if there is this notice. If there is illness, emergency, or inclement weather, I take this into consideration.

**Cape Cod is a small community. We may run into each other in a different setting. Your relationship with me is confidential. Feel free to say hello or not, whatever is most comfortable to you*