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Welcome!

You have scheduled your first appointment with me and I would like to explain a little bit about what to expect.

1. First, this will be an opportunity for me to introduce myself to you and for you to start to get a sense of whether you think we will work well together. Having a good client-therapist match is important and if today, or at any point down the road, you think it would be a good idea to try working with someone else, I will do everything that I can (if you wish) to find someone else for you to work with. No therapist is a good match for all people and I don't take a request for a change personally.
2. Second, there will be some general paperwork for me to go over with you and have you sign; HIPAA and such. Yay paperwork...I'm sure you love it as much as I do but it is still important stuff.
3. Third, we will then have an opportunity for me to start to get to know you. I will be asking questions about what is going on now as well as a bunch of general screening questions about some things in the past that may have had an effect on you. A top priority will, of course, be a bunch of questions about safety, but the answers to all of these questions are important.

Because we only have 60-75 minutes during the initial session to cover a lot of territory, and I would like to spend as much time as I can, focusing on what brought you in to our office to start counseling, I have created a few forms for you to fill out so that I can look over it quickly and then ask you for more details about items that are significant for you. A lot of these questions can be tough ones for a person to answer, if it is about something that is affecting them. So...

- I will explain this in more detail in our session but know **that the information that you share in this form is confidential**. It will be kept in your individual file that is stored within a locked drawer in the office and/or in an encrypted computer file. The **only exception** to confidentiality is when I am worried that someone has been, is getting, or at risk of getting seriously hurt.
- If there is something that you aren't ready to share at this time, please leave it blank and you can share that information with me if or when you are ready to at a later point.
- If there is something that you write down because you feel it is important for me to know but you also aren't ready to talk it about during this first session, please make a note in the margin about your wishes and I will respect them. The only time that I would still try to get some more information would be, again, when there are safety issues.
- Otherwise, I will follow up during the session to ask a few more details so that I can understand a bit more what that issue means to you.

If you should have any questions, I am happy to answer them in the session. I look forward to meeting with you!

Sincerely,

Andrea R. Morganstein, MS, LPC
Licensed Professional Counselor (# PC006679)