



# PHONE CONSULTATION GUIDE



**ASHLEE HUNT LCSW**

**\*\*CURRENTLY PROVIDING ONLINE THERAPY ONLY\*\***

## **THE PURPOSE OF A PHONE CONSULTATION:**

The phone consultation is to find out if we would be able to work well with each other. It gives us an opportunity to chat briefly about why you are looking for therapy and to see if I can provide it for you.

No therapy takes place during a phone consultation but is just a casual 15 minutes to get to know each other. Nothing to be nervous about here.

## **WHO I WORK BEST WITH:**

I do my best work with women in their 20's, 30's, 40's struggling with eating disorder behaviors and/or high functioning anxiety and depression. My clients want to get better and will do whatever it takes to get there. My clients generally have supportive relationships and have the support outside of therapy to aid in the process of therapy. Those I love to work with are generally people pleasers, struggle with perfectionism and are often new to therapy. Despite being high achievers, they never feel good enough.

## **WHO I DON'T WORK WELL WITH:**

Despite being a therapist and having the education and training, I don't work with all problem areas. Instead I work with a more specific population to provide my best skills and help. On that note, I don't work with clients with a history of a suicidal ideation, self-harm behaviors and personality disorders. I also do not work with children. Ethically, I cannot work with clients that are significantly underweight, medically compromised, and require a higher level of care. If you fall into these categories, I am happy to provide you with the best referrals I have.

## **WHAT WE WILL CHAT ABOUT:**

I will ask you about what you are struggling with and what your goals are for therapy. We will talk about the frequency of therapy. FYI I see clients on a weekly basis and rarely will see anyone on a biweekly basis, scheduling and investment. Please make sure to check out my website before the consultation as this may answer some questions or prompt some new ones.

## **HELPFUL INFO:**

Clients are seen every week to begin. Sessions are 50 minutes at \$175 per session.

The work I do with clients is generally six months to a year+.

I do not accept insurance.

Scheduling: Monday, Tuesday, Wednesday with first session availability at 10am and the last at 4pm.

Please email me with questions at [ashleehuntlcsw@gmail.com](mailto:ashleehuntlcsw@gmail.com)

**[www.maplecanyontherapy.com](http://www.maplecanyontherapy.com)**