Forms Instructions

1. Individuals Beginning Therapy

For individuals beginning therapy download and print out forms one (1) and two (2) and bring these filled out forms to your first appointment along with your insurance cards and driver’s license.

1. Couples Beginning Therapy

For couples beginning therapy, download **two** copies each of forms one (1), two (2) and three (3). Each of you fill out a set of these three forms and bring with you along with your insurance cards and drivers licenses to your first session.