

# VIRTUE MEDICINE P.C.

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Clinics for Mind-Body Health



Studio for Ethics & Contemplative Arts

## **What to Expect? For Older Adolescents and Adults**

Our first 90 minute session together will involve deep listening to your concerns, mood, health history, current experiences, and past experiences to obtain a complete overview of the circumstances which brought you to therapy as well as listening to your hopes and expectations for our work together. This session typically involves asking many questions about you, so I can best understand who you are and what brought you to therapy--And together begin to develop goals and plans for your healing. During the session, I may ask for clarification to ensure that I understood correctly and provide you with my initial impressions and feedback from our time together. You will be provided with options for types of therapy modalities that I believe will be most effective in assisting you to heal. I will also ensure that there is time to answer any questions that you may have about Virtue Medicine, our policies/procedures, or my practice.

After our first session, you and I will decide if therapy with me is a good match and then discuss how often we will meet and also the length of time for our next session. Typically follow-up appointments are 50 or 75 minutes; however, 90 minute sessions are available for hypnotherapy and other relaxation modalities.

## **What to Expect? For Children and Adolescents (Ages 5 to 13 years of age)**

When a child or adolescent come to play therapy, a great deal of work goes into the preparation stage: the therapist needs to gather detailed referral information about the child and family as well as listen to concerns of both the parents and child. A thorough assessment of the child and family's history will be conducted to best plan a unique treatment tailored to the child and determine whether play therapy would be the best treatment option. If play therapy is judged suitable, the therapist meets with the parent(s)/caregiver(s) to explain their role in the intervention, to answer questions about play therapy and discuss practical details.

The therapist asks parent(s)/caregiver(s) to tell her about the child. It is important to establish a working alliance at this stage, so that the parent(s)/caregiver(s) and therapist are cooperating in order to help the child/adolescent. Parent(s)/caregiver(s) are encouraged to think of the intervention as an opportunity for change and growth, not only for the child but for all members of the family: Think of your child or adolescent as needing space to grow into, may be struggling a bit, and how you can be flexible and ready to change things too. Parent guidance sessions as well as school consultations are offered to some families in order to support the work.

A child in play therapy chooses how to spend their hourly sessions. The child is given a taste of this at their first meeting with the therapist, with a parent/caregiver present as they will have access to play materials. After that they normally come to the studio once a week, while a parent/caregiver remains in the waiting area.

The child is free to talk, remain silent, play alone, or involve the therapist. The therapist is warm, accepting, genuine, open, and responsive to the child's emotions. All feelings are accepted, but not all behavior. The therapist sets limits to keep the child and herself physically and emotionally safe.

*"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." --Leo Buscaglia*