

JESSICA LANG, LMFT

Contract and expectations working with me

1. **Consistency is the key.** You will show up every week for session. I understand that things come up such as illnesses and other emergencies but I believe in order for healing to happen, in all its capacities, consistency and routines are important. When we set our appointment times this will be our time and day every week unless you notify me within 24 hours to cancel or reschedule. If more than 3 sessions in a year are missed then I reserve the right to terminate services and provide you with appropriate referrals if need me. Please note per your informed consent that If you must cancel please give a minimum of 24 hours notice to avoid being charged the full fee.

2. **Safety Zone.** Please provide a distraction free zone for therapy. Whether it's your bedroom with the door shut, your office at work or your kitchen it's important that the environment you use is one that is distraction free and feels comfortable for you. As I help you grow I want you to be able to express yourself freely without worry that someone will overhear you-this worry can inhibit what you say and do and therefore this can impede your progress

3. **Respect the process.** Processing traumas and talking about the changes you want to make in your life can make you feel vulnerable. For many people feeling vulnerable creates the desire to flee and try to hide. This is completely normal and expected. I'll be with you the whole way during this time helping you to move through this discomfort so that you can gain the skills you need to fight off those defensive actions that are keeping you stuck. In order for this to occur you must show up, be present and open to riding the wave of discomfort. So Hang in there, you wont be alone.

4. **Advocate for yourself.** Part of our work together will be helping you to feel empowered and in control. I will be helping you to learn what your boundaries and expectations as well as how to communicate these to others. I believe this is a core skill that we all should have, but it's essential for survivors of trauma, who have had experience with boundary violations and don't know how to say "no". I will encourage you to speak up for yourself so that you can get your needs met in a manner that is right for you without feeling bad when you have to say "no" to some things.

Name

Signature

Date

JESSICA LANG, LMFT