

JESSICA LANG, LMFT

Welcome,

I am very excited to begin working with you and joining with you on your journey of healing. This is both an exciting and anxiety producing time, as you venture into the unknown. You have many dreams, goals and ideals about your life and what you want. I am here to help guide you to achieving everything you want. As part of your journey you will feel many feelings, such as joy and frustration. You will experience feeling hope and at times pessimism. These are all normal and fleeting feelings which are apart of your journey. Though it all I will be with you, nurturing you as we move along. Feel free to reach out via email if you have questions and I will get back with you within 2 working days.

Now for a few house keeping items.

1. In order to reserve your session time and day you must sign, complete, and return two documents to me at least 72 hours before our appointment. I also require a credit card to be held on file, which will be charge at the beginning of our sessions each week. This is also required to reserve your spot even at the first session.
2. From this moment forward our emails will be encrypted to respect your privacy and keep things confidential. This is how email encryption works:
 - 2.1. I'm going to create your encryption password which you will need to save for every email we send between each other.
 - 2.2. When I send you an email and you click on the link it will prompt you to create a passphrase which only you will need to know.
 - 2.3. Then in order to actually open the email you will get the password for the security question I'm creating and sending to you now.
3. Our sessions are conducted online by entering my virtual waiting room here: <https://doxy.me/jlanglmft>.

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If you have any questions or challenges with encryption please let me know and I'll help you out. Again I am looking forward to working with you.

Take care

~Jessica Lang, LMFT

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