

Therapy Outline

Thank You!

Thank you for choosing to be here today. Scheduling and showing up for this first appointment is a meaningful act of strength and commitment to yourself.

This is a non-judgmental space where you can be seen and heard. You are encouraged to share your requests, preferences, or concerns at any time—because you are in charge of your own therapy.

Our work together is a collaboration. My role is to support and walk alongside you, and your role is to bring your voice, your needs, and your hopes into the room. Together, we will create a path that supports your healing and growth.

Welcome to your 12 Week Mental Health Program, Phase 1 of the Therapeutic Process!

Focus: Stabilization, Symptom Relief, and Skill Building

This program is designed to help you feel safer in your body, manage symptoms, and build tools for everyday life.

What To Expect in Sessions

- A safe and supportive space to learn new tools.
- Focus on symptom relief and skill-building.
- We'll explore how your body, thoughts, and emotions work together.
- You'll practice small, grounding and calming techniques you can use outside of sessions.

Working Together: Roles & Communication

My Role As Your Therapist

My role is not to “fix” you, because you are not broken. Instead, I am here as a guide, witness, and partner in your healing. Together, we will explore your experiences at a pace that feels safe for you. I will help you notice the ways your body, mind, and emotions respond to stress or past experiences, and support you in building new skills and inner resources.

Therapy is a collaborative process—we work together, with respect for your identity, strengths, and lived experiences. My job is to listen deeply, offer tools and perspective, and hold a space where you can practice self-awareness, choice, and compassion. You are the expert on you; I am here to walk alongside you as you discover new ways of feeling, responding, and being.

My Professional Responsibilities

As your therapist, I am required to follow the legal and ethical standards set by the Board of Behavioral Sciences and the National Association of Social Workers. This means I take my role very seriously and commit to doing no harm.

As part of my commitment to your safety and the integrity of our work together, I maintain clear professional boundaries. This means I cannot have other types of relationships with you outside of therapy, such as on social media or in the role of a friend, partner, or caregiver. These boundaries help create a safe space where our focus can remain on your growth, healing, and well-being.

I am also a mandated reporter, which means I am legally required to take action to protect you and others if there are concerns about safety, such as with minors, older adults, or people with disabilities. We will review what this means and answer any questions you may have, so you feel informed and supported.

Working Together: Roles & Communication (continued)

Your Role in Therapy

Your role is central to your healing. Therapy is a collaborative working relationship, and you are in charge of your own process. This means:

- Respecting professional boundaries that keep the space safe and focused on your growth.
- Sharing concerns, questions, or preferences: We understand that it can feel new, scary, or uncomfortable to speak up, especially if you've learned not to express yourself. This is a safe space to practice using your voice. Your therapist will introduce assertive communication skills and guide you in practicing them, because your voice is important, and you deserve to have your needs met
- Engaging with your experiences, thoughts, and body in session, and practicing skills between sessions as you feel able.
- Building and using your own resources while learning new ways to respond to challenges.
- Being honest and present, as your willingness to explore and reflect is a key part of therapy.

Communication between sessions

All therapeutic work will be done in session, not via email or text message.

We will use the **Care Message app**, which allows us to share information safely and securely.

Here I will share therapy resources and tools.

You can also let me know if you're going to be late and write a note or notebook entry to review together in the next session.

This space should not be used for emergencies or to send urgent information.

Resources:

- You will be provided with a personalized safety plan to use at home. This plan can be updated and worked on collaboratively as you learn more about your internal resources and explore external community supports.
- The safety plan includes local and national resources to provide additional mental health support, including crisis assistance and help during off-hours, weekends, and holidays.
- If you would like to schedule additional sessions within a week, you can contact the scheduling staff using the contact information provided.

You can contact the following for scheduling concerns (changing, canceling, scheduling sessions):

☐ Arroyo Vista Highland Park
600 N. Figueroa St., LA 60042
(323) 254-5221

☐ Arroyo Vista Lincoln Heights
2411 N. Broadway, LA 90031
(323) 987-2000

☐ Arroyo Vista El Sereno Valley
4815 Valley Blvd., Ste.C., LA 90032
(323)222-1134

☐ Arroyo Vista El Sereno-Huntington
4837 Huntington Dr., North, LA 90032
(323)225-0024