



9 QUESTIONS TO ASK BEFORE YOU START COUPLES THERAPY

Congratulations on taking an essential first step!

We understand how important your relationship is and we look forward to helping you and your partner connect.

It's not too late to save your most precious relationship and it's never too soon to start.

You don't have to settle for 'it's better than being alone'. You deserve a rich, meaningful and loving relationship.

When it comes to choosing a couples' therapist, most people do their own research. You might not know where to start or what questions to ask and that's why we created '**9 Questions To Ask Before You Start Couples Therapy**'.

Contact us by phone 704-319-5593 or [email](#) whenever you're ready. We want you and your partner to be comfortable and informed before scheduling your first appointment. Remember, this is your relationship and you have a right to ask! We look forward to hearing from you.

Therapist Name _____
Phone # _____ Website _____
Office Location: _____

1) Hi, my name is _____. My partner _____ and I are interested in couples therapy. Can you tell me a little about yourself and your credentials?

- Licensed Marriage & Family Therapist (LMFT)
- Licensed Professional Therapist (LPC)
- Psychologist
- Licensed Clinical Social Worker (LCSW)

2) What's your specialty – and what percentage of your practice is devoted to working with couples?

NOTE: Most therapists are generalists while others specialize. Couples therapy is considered a specialty and at Wellness all of our therapists have advanced training in the field. We devote 100% of our time to working with couples and their families. Please let us know if your partner refuses to join you. We might be able to help you with that.

3) What method do you use for couples therapy?

NOTE: The method we use at Wellness is the only one that shows evidence of positive therapy outcome and stable results. It is recognized and approved by the APA (American Psychological Association).

4) What's your protocol?

NOTE: Couples therapy is more structured than individual work. An experienced couples therapist will tell you about their protocol and how they intend to work with you and your partner.

5) How often do you see couples in your practice?

- Daily
- Weekly
- Occasionally
- We only see couples.

6) How long are the sessions?

NOTE: Couples sessions are extended and usually last 80-90 minutes.

7) How often will you need to see us?

NOTE: At first we like to see you weekly. We want our couples to get momentum and a running start. After that, we can taper off and don't need to see you as often.

8) How many sessions should we expect to attend and what's the timeline?

NOTE: This is a difficult question to answer because every situation is unique but at Wellness we typically see clients for 4-20 sessions.

9) Ask about fees, payment methods and don't forget about insurance reimbursement -- if that's important to you.

NOTE: We believe it's important for you to know that insurance claims for Couple/Family therapy from any office – including ours - must include a mental health diagnosis and will become a part of your medical record forever. At Wellness we choose NOT to participate in this process. However, we provide you with a statement after every session which includes all the documentation you need if you wish to file the claim yourself.



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