



Helping Couples Connect

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 deserve a rich, meaningful and loving relationship.

Choosing a couples therapist can be confusing. If you're unsure where to start or what questions to ask we suggest using '**9 Questions To Ask Before You Start Couples Therapy**'. We created it to help make the process simple and straightforward.

We want you and your partner to succeed! We also want you to be comfortable and informed before scheduling your first appointment. Remember, this is your relationship and you have a right to ask!

Contact us by phone at 704-319-5593 or [through our website](#) when you're ready.

We look forward to hearing from you!

Therapist Name _____
Phone # _____ Website _____
Office Location _____
Estimated Drive Time _____

1) Hi, my name is _____. My spouse/partner and I are interested in couples therapy. Please 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 and few specialize. Couples therapy is considered a specialty and at Wellness all of our therapists have advanced training in the field. We devote nearly 100% of our time to working with couples and their families. If your spouse/partner refuses to join you, we may be able to help you with that or we can arrange to see you individually.

3) What method do you use for couples therapy?

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

4) What's your protocol?

NOTE: Couples therapy is highly structured. An experienced couples therapist will clearly outline their protocol and how they intend to work with you and your partner in each session and over time.

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

- Daily
- Weekly
- Occasionally

6) How long are the sessions?

NOTE: Couples sessions usually last 80-90 minutes. At Wellness, we also offer 1 Day and 2-1/2 Day Intensive Retreats.

7) How often will you need to see us?

NOTE: At Wellness, we recommend weekly visits at the beginning. After we get some momentum, we usually 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. 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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