



I'm not a robot

































Watch the full video to gain insights into what to expect in I know if can be scary to go to In this video, I share some thoughts and opinions of some items to consider including at the start of These are my five best tips for what to expect and how to get the most out of First Therapy Sessions DON'T have to suck - Let's Talk About It! What to Expect in a Here's my advice for a therapist with perfectionist tendencies who was How does engaging in a powerful therapeutic relationship make all the difference in facilitating