

Counseling with Dr. Wenzel

Thanks for contacting me regarding counseling. I very much want you to get the most out of your investment. There are two sections to this 2 page document. Please take the time to read it in its entirety. You will find it worthwhile.

Section 1: Getting Started

Here are some answers to basic practical questions to help you get started.

How soon can I begin?

Dr. Wenzel's waiting list is typically 6 weeks, but can be as long as two months. If you have an urgent (not emergency) situation it may be possible for you to get a session if a current client cancels. (If time is crucial Dr. Wenzel can also refer you to one of the other counselors at the River Ridge Offices).

What days and times are appointments available?

Dr. Wenzel sees clients on Tuesdays, Wednesdays, and Thursdays from 7:30-5:00. (The last appointment each day is 4:00). He is not in the Sandy office on Mondays, Fridays or weekends.

Keep in mind that Dr. Wenzel is typically booked, and although he is in the office on the above days, options for open appointments are often limited. If you have mid-day availability you'll have a better chance of getting in sooner.

What is Dr. Wenzel's fee?

Dr. Wenzel's fee is \$160.00 per session for individual counseling, and \$175.00 for marital or family counseling.

How does payment occur?

All fees are due at the time of service and can be paid with check, cash or debit/credit card. If you are hoping to use insurance, please see the document "Do you accept insurance?"

How often will my appointments be?

You will have three scheduling options.

Option A: Four times monthly. With this option we will meet weekly on the same day and time (i.e. Tuesdays at 11:00). If in a particular month there are five Tuesdays, we will not meet that week.

Option B: Two times monthly. With this option we will meet on the same time day of the week, on the 1st and 3rd, or 2nd and 4th week of the month. For example: 1st and 3rd Tuesday of the month at 11:00. If you are on the 1st and 3rd week rotation, and in a particular month

your day occurs in a 5th week, we will not meet that week. Option C: One time monthly. With this option we will meet on the same time and day of the month. For example: The 3rd Tuesday of the month at 11:00.

What are the practical aspects of paperwork to get started?

Once that you have determined that you would like to begin counseling with Dr. Wenzel, contact him via text, email or voicemail. Indicate that you have read this document, and you will receive a link to an online Client Web Portal for completing paperwork. Following that Dr. Wenzel or an assistant will contact you regarding scheduling (i.e. how long the current wait is, and what days and times will likely be available).

Section 2: What will help me get the most out of my investment in counseling?

Like so many things in life, what we get out of something has a significant relationship to what we put in. This is especially true of therapy.

Regular attendance

Once you commit to therapy regular attendance is a must. When you consider it, your actual therapy hours are a very small percentage of your time over a month. Skipping a session can have a big impact of trajectory of growth and change.

The Big Three

When I was about 10 years old, I had a baseball coach that taught us the basics (catching the ball, throwing the ball accurately, and hitting the ball), were about 90% of the game. His team won the league championship 10 seasons in a row. I've found his philosophy about baseball to be true about many things in life.

The big three for increased well-being (maybe the goal of all counseling) are sleeping, exercise and fuel intake. These are so crucial that I estimate roughly a third of client's I've treated for depression would be cured if they could consistently get an adequate amount of sleep, physically move a sufficient amount, and have reasonably healthy fuel intake (food). I'll talk with you about these three and will strongly encourage you to make any improvements possible. *These three things are the foundation for growth.*

Extra-curricular work

Throughout the course of your therapy we will likely discuss activities outside of the session that will assist in your growth. These may take many different forms: reading, listening to podcasts, workbooks, communication exercises and many others. Research

shows that as much as 82% of therapeutic change occurs as the result of activity OUTSIDE of the counseling sessions. That makes sense: we shouldn't expect talk therapy (that occurs for 1 out of 168 hours a week) to bring about change on it's own. I will work closely with you to choose activities that are specifically tailored to your desired growth areas.

Feedback

Along your counseling journey I will initiate conversations about what in therapy works for you, and what doesn't seem helpful. This is not a one-size fits all process. I'll invite honest feedback (not ironically, giving honest feedback may be a growth area for some of you!)