Alicia Johnson Online Therapy Consult Guide

Hello! Here are some tips on how to prepare for our consult as well as an outline of what to expect during our scheduled appointment.

TIPS

- Be in a safe and secure location
- Check your spam folder for the video link if you do not receive it
- Make sure to email me (aliciajohnsonlmft@proton.me) or message me through simple practice if you prefer a phone call instead of video
  - Include the number you'd like me to call
- If you are having any technology problems that day, feel free to call me at 405-293-8084

WHAT TO EXPECT

- We will spend about 10-30 minutes together going over your goals, my services, and treatment options.
- We will review the consult questions below. Feel free to review them if you'd like to know what questions to expect.
- You can bring your own questions for me, if you have any. I am happy to answer to the best of my ability.

QUESTIONS WE WILL GO OVER

- How did you hear about me? (Psychology today, doctor, friend, etc.)
- What state are you located in?
- All of my services are online. Is online individual therapy the service you are looking for?
- Please share a brief description of why you want counseling.

- What are 1-3 goals you hope to get out of therapy?
- For many people, therapy is most effective when doing weekly sessions in the beginning then moving to every other week or monthly as goals are being met. Does this schedule work for you?
- What days/times are you available for sessions?
- At this time, I do not take insurance and am only private pay. Let's chat about any questions or concerns around fees and review options!
- What questions or concerns do you have for me?

As a reminder, the default consult is through video chat so you can practice logging in and get the feel of what a session would look like. If you prefer a phone call instead, please email me at aliciajohnsonlmft@proton.me or log in the portal and message me on simple practice and let me know you prefer a phone consult and what number you would like me to call!