

### First Appointment Orientation

Thank you for choosing Teresa Utley for your behavioral health care services. I recognize you have many choices and I appreciate your trust in me.

I appreciate you downloading and completing the paperwork prior to your first session. Completing the paperwork allows me, as your therapist, the opportunity to spend more time on clinical than on administrative issues.

Some things to keep in mind:

- ✚ Remember that you can download and print, review or ask for a complete set of privacy policies.
- ✚ I will review and answer any questions about this paperwork or other matters.
- ✚ We will need your primary care physician's telephone number and a signed consent form, if applicable.
- ✚ If you have seen a counselor or psychiatrist within the last 2 years, we will need a telephone number for contact and a signed consent form, if applicable.
- ✚ It is helpful for the therapy process if you bring a list of goals for therapy. This will help you and your therapist make better use of the first session.

Goals for Therapy: Please list:


\*Currently, I, Teresa Utley, do not accept insurance. Private Pay Only.