

**What to expect at your first counseling appointment:**

- The initial assessment will be completed.
- Parent(s) and/or guardian(s) must be present during the whole session if the client is under the age of 18 years old.
- Family history, medical history, the present issue, current symptoms and treatment goals will be discussed in the first appointment.
- The therapist will go over their counseling style and the expectations of the therapy.
- Discuss HIPPA and confidentiality.
- Patient will sign a consent to evaluate and treat form. Parent(s) and/or guardian(s) will sign if patient is under the age of 18 years old.
- Next appointment will be scheduled.

**Treatment and Related Areas:**

- If a patient is late, that does not mean the time will be added at the end of session to make up for missed time.
- If you need to cancel or reschedule an appointment, please call to reschedule so we can be available for other clients.
- After missing an appointment, your counselor will call you to check in and reschedule your appointment. If you miss 3 appointments in a row without calling us to reschedule, you'll receive a letter in the mail.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date



***ASTOP is a sexual assault service provider offering treatment, outreach, prevention, and advocacy, emphasizing hope and connection to self and others.***