



ReStory

Counseling. Courses. Consulting.

First off...you are a bold and courageous soul. We commend you for stepping out and reclaiming your life. Well done!

Our goal is to make this process as comfortable and straight-forward as possible. This is hard and good work, and we know it can be challenging on many fronts. Therefore, we've created an office environment that is private, safe, comfortable and fun.

When you arrive for your appointment, simply come in and have a seat in the lobby. Make yourself comfortable with a coffee, tea, drink from the mini-fridge or water at our Restoration Roast coffee station. Depending on the day, you may be the only one there, or there may be a bustle of activity. Just come on in, and your counselor will be out to get you at your appointment time.

Each therapist is different, but generally you can expect the first session or two to be an initial exploration into the concerns that bring you to counseling. While it is necessary for some initial paperwork to be completed, we are committed to engaging you as a person, and therefore we try to make the paperwork process as painless as possible.

Depending on you and your story, the therapist will begin to formulate with you a plan. For most clients, this means creating a weekly rhythm of appointments, allowing for some regularity and traction in the healing process. We also consider your availability and the financial investment, so the therapist will work with you to find a suitable plan to both accomplish your goals and make it sustainable.

As each individual or couple is unique, there is no program or cookie-cutter approach. We work with some clients for 3-5 weeks, and others for several years. It is a good reference point, however, to know that research indicates that trauma-related issues (betrayal, abuse, infidelity, depression, etc.) take roughly 24 sessions to come to a place of resolution.