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Client Questionnaire - Initial Consultation

Questions the counselor might have for the client

Have you been in therapy before? If yes:

What was helpful in therapy?

What was not helpful in therapy?

What do you expect to get out of therapy?

How will you know if therapy is successful?

Now that you have seen the paperwork, do you have any questions?

Is there anything you would like to add in our time left together, anything that might help this session be complete for now?

Questions clients might have for the Counselor

How do you deal with billing?

If you are with an insurance that I am in-network with, Premera, Regence, First Choice Health Network, Community Health Plan of Washington, and Coordinated Care Medicaid, I will bill to the insurance company with the understanding that you are responding for any amount billable that the insurance does not cover including deductibles, co-pay, co-insurance at insurance's adjusted billable rate. Payment will be through a credit card on file.

If you are paying out of pocket, you will be billed and your credit card on file charged after the session completes.

Any missed or late canceled appointments will be charged after the canceled or missed sessions time completes.

What is a typical session like?

I often begin a session asking how things are going and if there is anything you are bringing to the session that you wanted to talk about or process. This might begin with a brief somatic awareness check-in including listening to your body's needs or taking a moment to reflect on your day or week. It is often the case that I will ask clients to do the work of considering this and preparing for the session before the session begins. This might mean coming a few minutes early to reflect, keeping a journal, or doing warm up somatic practices that help you to ground and center. This work outside of the session helps us to more effectively process and work together during the session time. Our time is valuable and fifty-minutes is not enough time often to go through everything that you would like to process, but it is enough time, if you are prepared, to work concretely through issues and concerns that are most pressing. Sometimes a client might not know where to start and that's okay. It is also the case that we are as client and counselor learning how to work together. And two or three sessions are often needed to be able to get a sense of how we interact and process your material. This is however not a prescription for committing to services. Any amount of session with regards to your therapeutic process is valid. As a humanistic, client centered therapist, I will look to you to determine what is best for you and your own process. And, we will process in making this decision together.

What is the sequence or timing of therapy?

How much and when you schedule sessions with me is up to you and our combined schedules. We can talk about and will discuss this question as part of the therapeutic process. It may be established due to your insurance or employer health and wellness coverage so this may be a factor. As mentioned in what a therapy session is like, you make no commitment to me in having a certain amount of sessions or whether to be in therapy with me. I do not currently offer court-approved sessions, so this will not be a factor.