

Lisa Spurling, LLC
Licensed Clinical Mental Health Counselor
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Dear Parent/Guardian,

I am writing to welcome and congratulate you on your decision to reach out to a professional counselor for you and your child. I look forward to meeting with you both on _____ at _____. I feel it is important to focus on an individual's strengths to help develop skills where there are areas of need. I will work diligently to assess your concerns and to work collaboratively with you to tailor a treatment to meet your families' needs. At least one legal guardian is required, but I encourage both legal guardians to attend the first session with your child to learn about the therapeutic process, discuss goals and ask questions.

It is important to frame psychotherapy for children and adolescents as a way to find solutions to make life happier as opposed to a "last resort." Candid discussion prior to the appointment about your concerns will assist your child in feeling more comfortable when I inquire about his or her thoughts and feelings.

I would appreciate your completion of the enclosed forms. They will provide me with valuable information and allow us the most time during our initial session. Please read and bring to the first session:

- "Permission to Treat Minors Form" signed by both legal guardians.
- Client Services Agreement
- Client Information Form
- Childhood Developmental History
- Copies of any additional information which may be helpful for me to review early in the therapy sessions (testing, a child's IEP for school, etc)

If these forms feel overwhelming, please feel free to bring them to the appointment and we can review them together.

If you are using insurance for payment, it is important that you call your insurance company prior to your appointment. (See 800# on back of insurance card) Please make sure to obtain your benefit information and bring it to the first appointment.

- Your insurance card
- Your co-pay

When you arrive for the first appointment, I will meet with you and your child to discuss your child's history and goals. We will need to spend time during the first few sessions discussing procedures. If time allows, and your child feels comfortable, I may meet with the child while you complete forms in the waiting room. Please let me know immediately if you have any questions or concerns so we can work together to address them. I look forward to meeting with you and your child.

Sincerely,

Lisa Spurling

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