



Kelly Winter, LMFT

Telephone Consultation Guide

Here are some quick questions to get help you prepare for our conversation. Please give these some thought as I will be asking you about them. I will call you at your scheduled time. Can't wait to connect later!

- How did you hear about me?
- Have you ever been in therapy before?
- Was it a good experience?
- What worked? What didn't?
- If we pretend that your life is like a library and the issue that you came to me about is one of the books, what would the title and back jacket say? *Ex. "I'm depressed and anxious about my divorce. We were married for 12 years and they were the only person I have ever really been with. We have kids and it's very messy."*
- If it doesn't change, what will happen?
- If it gets worse, what will happen?
- How will you know that it is better?

2955 N HWY 97 #200, BEND, OR 97703

559-462-0161

WEBSITE: WWW.WINTERWELLNESS.NET

EMAIL: KELLY@WINTERWELLNESS.NET