

Additional Information About Counseling At ACCFS. . .

Psychological Services

- There are many methods that may be used to deal with the various problems discussed during counseling
- Since therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness.
- Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. There are no guarantees of what you will experience.

Start with an evaluation:

- The first few sessions will involve an evaluation of your needs.
- By the end of the evaluation, you will be offered some first impressions of what our work will include and a treatment plan. If you have questions about the procedures, please feel free to discuss them whenever they arise.

If medication is necessary:

- For some individuals medication can be an important and helpful part of their treatment.
- Should medication seem advisable, we may recommend you see a psychiatrist that could prescribe medicine or we will work closely with your family physician.
- If the circumstances seem to warrant it, we can refer you to a physician that specializes in treating mental health issues.
- You have a responsibility to follow your medication plan as it is agreed upon between you and your physician.
- You should tell your counselor about any changes in medication.

If testing would be helpful:

- At some point in your treatment you may be asked to take one or more tests.
- The tests are designed to give your therapist specific insights which can help reduce therapy time, while improving its quality. Any tests that are conducted will be billed separately from counseling sessions.
- Psychological testing is reviewed and interpreted by a licensed clinical psychologist, Ted Witzig, Jr., Ph.D.

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