
INTEGRATED BALANCE
PSYCHOTHERAPY

DR. AMANDA KERN

Therapy Consult Guide

Here are some tips on how to prepare for our consult as well as an outline of what to expect during the appointment.

TIPS

- Be in a safe and secure location
- Check your spam folder for the video link if you do not receive it
- Make sure to email me (amandakern@integratedbalance.org) or message me through simple practice if you prefer a phone call instead of video consult and include the phone number you would like me to call.
- If you are having any technology problems that day, please call me at 509-294-1705.

WHAT TO EXPECT

- We will spend about 10-15 minutes together going over my services, your goals, and treatment options.
- We will review the consult questions and any additional questions you might have for me.

CONSULT OUTLINE

- Review of logistics i.e. availability, fees, states I am licensed in
- Presenting concern i.e. why now, your stuck point
- Assess for fit i.e. past therapy, what worked
- Goals for therapy
- Good Fit - Schedule Not Good Fit - Refer