

Dear Suzie and Jack,

Thank you for your interest in couples counseling and I can confirm the following appointments:

Initial couple session - 9am Monday 21 September

Suzie individual session – 3pm Tuesday 22 September

Jack individual session – 9am Wednesday 23 September

Couple feedback session – 5pm Thursday 24 September

As we discussed, understanding your particular circumstances is vital in successful couples therapy so we begin with seeing you together so that I can get a sense of what is currently happening in your relationship as well as an understanding of your history together.

This is followed by one session with each of you individually so I can get a sense of you and your needs as individuals. It is also important that you both complete a range of questionnaires that provide me with a wealth of information that allows me to fast-track your therapy.

You will each receive an email that contains a link that will take you to the questionnaires. These are standard assessments we ask every couple to complete. Most people find it will take them 90 minutes to complete all the questions. You do not need to complete them all in one go, you can save your answers and return to complete it at a later time.

It is important that you both complete your questionnaires **before either of you** return for your individual appointments.

When you return for your feedback session, we will together discuss the options available to you that will assist you to achieve your relationship goals. If you have any further questions or concerns about this process please don't hesitate to contact me.

I look forward to seeing you both on the 21<sup>st</sup>.

All the best