

Your first therapy appointment

A short guide to choosing a starting point and preparing questions.

Choose a starting point

You can ask about fit before deciding which format to pursue.

Individual therapy

Your own feelings, stress, life changes, or recurring relationship patterns.

Couples therapy

Shared concerns about communication, trust, conflict, or connection.

Family therapy

Concerns affecting relationships, expectations, or roles within the family.

Before you begin

- ☐ Request an appointment: share contact details, broad service interest, preferred contact method, and scheduling preferences.
- ☐ Confirm practical details: current availability, appointment format, fees, insurance arrangements, and the next step. An inquiry does not book a session.
- ☐ Bring one or two questions: you do not need a polished account of your story. Discuss clinical history privately during intake.

Your values belong in the conversation

You may raise faith, culture, privacy, and family commitments when they matter to you. Orthodox Jewish, secular, non-observant, and non-Jewish clients are welcome. Questions of halacha belong with a qualified rav or posek.

Questions worth bringing

Use the items that matter to you. Preparation is optional.

Approach, fit, and progress

- ☐ What experience do you have with my concern, and why might this approach fit?
- ☐ What would we work on first? How often would we meet?
- ☐ How will we review progress or discuss a concern about the therapy?
- ☐ How does confidentiality work for this format, including separate communications in couples or family care?

Fees and insurance

- ☐ Ask the practice for the fee and confirm whether the requested service is in network for your specific plan.
- ☐ Ask your insurer about coverage for the service and format, any deductible or copay, and referral or authorization requirements.
- ☐ Confirm any out-of-network claim arrangements. Keep the date and reference number of your benefits call.

If you do not have insurance or will not use it, ask for a written Good Faith Estimate before arranging care. CMS explains eligibility, timing, and dispute rights.

For a telehealth appointment

- ☐ Confirm the appointment link, device requirements, and where you must be physically located.
- ☐ Choose a private space, check your connection and audio, and discuss privacy if someone may overhear.
- ☐ Ask what to do if the connection drops or your location changes before a session.

Read more or request an appointment

[Services and appointment information](#) | Call (516) 880-2841

Sources: [NIMH: Psychotherapies](#); [CMS: Medical bill rights](#). General preparation, not a treatment plan.