

## Frequently Asked Questions

### **When should I seek out therapy?**

Therapy is helpful for a number of reasons. It can help a person find clarity and a deeper understanding of themselves and their circumstances. Engaging in therapy can help you develop coping skills for stressors, anxiety and depression or work through a painful issue. Therapy is also useful for making lifestyle and personal changes for any number of reasons. Simply put, if you are stressed or struggling in any way, needing direction or just not sure how to move forward and feel stuck, therapy is a great option.

### **How long does therapy take?**

The length of time spent in therapy depends on individual needs. I have seen some people for short periods of time (3-6 sessions in an acute care setting for example) or indefinitely. There have also been times when a person discontinued services once they felt they were in a better place but then came after an extended period to recenter, refresh and build on skills or because of significant new life events. It truly varies and there is no set timeframe.

### **I'm nervous about sharing personal life details with a stranger...**

This can be intimidating, especially when a person fears judgement or embarrassment. Therapy is safe space to be able to share and work through things you might not otherwise feel comfortable sharing with others in your life because they are too close to it. You might even just need a little guidance in figuring out *how* to share with others in your life. Nobody's life is "perfect" and everyone has something to deal with at some point. Therapy is a great place to find support and acceptance for whatever it is you are thinking or feeling.

Confidentiality is key- what happens in therapy, stays in therapy unless permission has been given to share with a specified person/organization *or* if it falls under mandated reporting requirements. In order to protect privacy I will not approach my clients in public *unless* they do so first in which case I will of course say "hello!"

### **Is family therapy an option?**

I am not a LMFT and do not provide family or couples therapy. If this is needed I am more than happy to provide recommendations and referrals to colleagues who specialize in this area and will continue to provide individual services.

### **What is "Integrative" Mental Healthcare?**

Essentially integrate means to combine or unify separate things. In the case of integrative mental health it means bringing together and addressing multiple factors that affect mental health such as medical, emotional, social, psychological, lifestyle and nutritional factors. Integrative care often involves combining traditional and "complimentary" services such as

psychotherapy, health coaching, acupuncture, yoga, traditional medical care etc. Combining these, or any combination of these, seeks to address the whole person rather than just one aspect in order to optimize wellness. People are complicated and our bodies are effected by our state of mind and vice versa. For instance- chronic pain is closely linked to mood (as anyone with chronic pain can tell you). Psychotherapy along with pain management therapies tend to have better outcomes when combined rather than when either is a standalone treatment.

As a Licensed Mental Health Professional, Certified Integrative Mental Health Professional and Yoga Instructor I focus on addressing multiple areas through assessment, psychoeducation, resources, therapeutic intervention and referrals and will ask for releases of information for your primary care physician and other providers as needed.

### **What if I don't want to sign an ROI (release of information) for my healthcare provider?**

You are not required to do so however it is strongly recommended. You will not be denied services for refusing to do so however, being able to communicate with your other care providers and being able to connect you with additional providers as needed allows for collaboration and more complete care.

### **Are there any circumstances under which I might be denied service at Shanti Wellness?**

There are some... if the level of care you require is beyond what is offered at Shanti Wellness (needing daily intensive outpatient care for example) or if your needs fall out of my scope of practice. Additionally, if the services I offer are not a good fit for your needs or what you are looking for I will provide other provider options to better meet your needs.

Other reasons may be associated with past due accounts which is addressed under "New Client Information" on the website in the "Service Contract".

### **How can I get scheduled?**

As a new/potential client you can request an appointment by calling (701) 353-9238, by using the submission form for a call back, using the scheduling feature at [www.shantiwellness.org](http://www.shantiwellness.org), or by emailing [info@shantiwellness.org](mailto:info@shantiwellness.org) or [melissa@shantiwellness.hush.com](mailto:melissa@shantiwellness.hush.com) (secure email).

Highly sensitive or personal information should NOT be included in your email unless using the secure email provided. Simply leave a message with your name and number where you can be reached and you will receive a call back. Informed consent regarding communication can be found in the "Service Contract" under "New Client Information".

Requesting an appointment does not guarantee the appointment- this will depend on availability and whether or not what you are looking for and the services provided at Shanti Wellness are aligned.