



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 deeper understanding of any given situation they may be dealing with. Engaging I therapy can help you develop coping skills for stressors, anxiety and depression or work through a painful issue. Oftentimes people come to me wanting to figure out how to cope with a stressful or complicated relationship and simply need to see their way through a difficult situation. 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, therapy may be a good option for resolution, clarity and coping.

How long does therapy take?

The length of time spent in therapy depends on the individual and their needs. I have seen some people for short periods of time (3-6 sessions for example) or indefinitely. There have also been times when a person stopped services once they felt they were in a better place but had then come back down the road for a "tune-up" session when they felt at a loss with a situation and needing to build on previously gained skills to address a personal issue. 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 a judgement free, safe space to be able to share and work through things you might not otherwise feel comfortable sharing with others in your life. You might even just need a little guidance in figuring out *how* to share with others in your life. Nobody is "perfect" and everyone has something to deal with and therapy can be a place to find support and acceptance for whatever it is you are thinking, feeling or dealing with.

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 or address my clients in public *unless* they do so first so they are not having to explain to others they are with who I am or how they know me. If I am addressed first I will of course respond in kind!

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

There are some- if the level of intensity you require is beyond what is offered at Shanti or if your needs fall out of my scope of practice I will work with you to find another provider 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 schedule by calling (701) 353-9238 or you can request a call back to schedule at info@shantiwellness.com. Highly sensitive or personal information should NOT be included in your email as it is not secured- 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”.

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 advised if you are seeking integrative care. You will not be denied services for refusing to do so as not everyone wants or requires integrative care. However if it becomes apparent to me that this would be the best or safest way to treat you due to underlying medical issues I will discuss this with you.

What does “Integrative” mean?

Essentially integrate means to combine or unify separate things. In the case of integrative mental health it means bringing together and addressing the various factors that affect mental health in any way such as medical, emotional, social, psychological and nutritional factors. Integrative care often involves combining traditional and complimentary services such as therapy, health coaching, acupuncture, yoga, traditional medical care etc. Combining these, or any combination of variables, seeks to address the whole person rather than just one aspect of the person. 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 than when either is a standalone treatment.

Is family therapy an option?

I am not a LMFT and do not provide family or couples therapy. However, I will see an individual and at times bring a family member(s) into a session if appropriate to help promote stronger, effective communication and to promote support of the individual I serve. Oftentimes, even though they want to, family may not know *how* to support a loved one struggling with depression, anxiety etc.

Please note that my role is to be unbiased and this will involve me sharing with my client ways they may participate in, or support their families/relationships, in a healthier way as well. Relationships require effort and compassion from both sides in order to be healthy and balanced.

If couples counseling is needed I am more than happy to provide recommendations for couples counselors and will still provide individual services.