

Parrents commonly asked questions:

“How much does it cost?”

A average 50 min session is \$90.

“Will I get a mental health diagnosis (DSM)?”

Mental heath diagnosis may be made within the course of treatment or assessment esp. if insurance is billed. This diagnosis will become part of the client’s record and has potential of effecting medical records and insurance. Also records can be subpoenaed by a judge for use in court proceedings.

I am not feeling well and am sick should I come to my appointment?

No. If you are ill, (throwing up, have a fever) do not come into the office. One you need your rest and need to get better and being around other kids and people can make you worse. Second you can pass on your illness to others. Just call Angela and let her know you are sick. She can either talk to you over the phone or reschedule an appointment for when you are feeling better. If this happens it is important that you call Angela and let her know if you can’t make it to your appointment. Please do so within 24 hours of your appointment so you will not be charged.

Does the office close when there is a holiday or bad weather?

Yes. If there is a holiday the office will be closed and a note stating this closure will be on the main door a week prior, Angela will also let you know about this to reschedule your appointment. If there is bad weather such as snow, ice, or something else I will follow the Guilford Co. School System delay and cancellation schedule. If there is no school for the Guilford Co. schools then the office will be closed and Angela will call to reschedule. If there is a 2 hour delay with the Guilford Co schools then the first appointment will be at 10 AM, if you have an appointment earlier Angela will call and reschedule. If schools release early due to weather evening appointments will be canceled unless you make other arrangements with Angela. No canceling fee will be applied if the Guilford Co schools have a cancelation, delay or early re-release.

Why is my child’s behavior getting worse instead of better?

Before children learn to express themselves, they often hide their troubling emotions. Therapy can bring up feelings that have been suppressed and are very disturbing. As a child starts to feel safe they often test limits and start expressing strong emotions this may cause the child’s behavior worsen before it improves as they work through what’s upsetting them.

What do I do when my child starts asking questions related to the trauma?

First, it is important that you validate what your child is feeling. It is a mistake to punish a child for curiosity or tell them that he/she is bad when he/she expresses that curiosity. The best approach is to be as honest as possible, while still keeping your responses age appropriate. When a child experiences trauma esp. sexual assault they will often show interest in sex and test sexual behaviors such as masturbation. Punishing a child for these behaviors can cause more harm then good. It is more beneficial to explain to the child when such behaviors are appropriate, such as in private. If you are ever unsure as to how to respond to a child when they express themselves sexually or ask about what happened to them, A national hotline is available at 1800 656 HOPE with volunteers who are equipped to help you find the best way to approach your child. You may also contact Angela at the office and she can respond to you at the latest by the next business day.