

VINE
COUNSELING
& ASSOCIATES

STARTING
THERAPY FOR THE
FIRST TIME



We're glad you're here!

Starting Therapy for the First Time

A Guide for New Clients at Vine Counseling & Associates

Welcome to Vine Counseling!

We are so glad you chose us. We were 2 therapists who decided to create an a counseling company based on growth, vitality and connection. Everyone who comes through our doors, virtually or in person matter greatly to us. Your experience matters. Because embarking on a therapy journey is not easy!

Deciding to begin therapy is a courageous choice – one that opens the door to healing, insight, and personal growth.

At Vine Counseling & Associates, we understand that the first step often feels the hardest. Whether you're seeking support for anxiety, depression, life transitions, relationship concerns, or something else entirely, you are not alone.

What to Expect at Your First Appointment Before Your Session

First you will speak to our office manager and they will ask you a few questions to get you started. Next, they will set you up with your online patient portal, which is a secure way we speak to our clients and exchange information.

You'll complete intake paperwork through your secure online portal, allowing your first visit to feel calm and focused. This also gives your therapist a better understanding of your needs before you arrive.

Your First Session Your first session is a conversation. Your therapist will ask about what brought you to therapy, explore your goals, and answer any questions you may have. There is no pressure to share everything at once — therapy unfolds at your pace. It's completely normal to feel nervous, unsure, or even relieved. All emotions are welcome here.

Tips to Help You Feel Comfortable in Therapy

1. Give Yourself Grace

Therapy is a process, not a performance. You don't need to have the right words – just show up as you are.

2. Be Honest

Honesty helps your therapist support you more effectively. Even sharing uncertainty or discomfort is part of the work.

3. Ask Questions

If something doesn't make sense, ask. Therapy works best when it's collaborative.

4. Practice Self-Care

After Sessions Sessions can bring up emotions later in the day. Gentle self-care, hydration, rest, reflection can be helpful.

At Vine Counseling & Associates, we are honored to walk alongside you on your journey toward healing and growth. When you're ready, we're here.

Important Contact Information

Clinical Counseling Team-
team@vinecounselingassociates.com

Appointments/Schedules-
Text or call 984-401-9354

Having a Crisis or Suicidal Thoughts
988- Crisis/ Suicide Hotline for emergencies

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