

Online Session WHAT TO EXPECT FROM A SESSION

Share: Oct. 2020 **What to Expect in a Session with Adapt 2 Healing LLC**

First, I will ask to confirm your Identity, (you may provide it ID by email, or a screen shot may be taken. The sessions are private and confidential we do not report your information to any agency. If you are receiving services through FAPT or under a caseworker, we will file a weekly or monthly report of progress all information will be disclosed to you.

There may be note taking so that the provider can reflect as needed, provide you with a copy of what was discussed for reference, and to build a personal plan and or obtain needed resources.

1. You may be welcomed and made as comfortable as

Possible (you may hear environmental noise from outside of the space)

2. You may be provided the agenda (if it's required)

3. Your Relatable Peer will take your lead in the discussion

4. You may not be given unsolicited advice (we are not therapist)

5. We may respect your choice, we may not judge

6. We are Mandated reporters; We will discuss with you our concerns if there is a need to call (crisis or emergency) for support if We hear distressing words or phrases that suggest harm or danger to you or family in the home.

7. You may be asked open ended questions for clarity

8. We will share parts of our lived experience with you

9. You may be triggered by talking through or hearing similar lived experiences or by reliving past experiences (This is normal, and we will work with you through it)

10. You May contact emergency services for support, we may contact emergency services to support you

11. You May feel Relief or a load lifted off your shoulders after the session

12. You may want to learn more information and resources that can help support you and your family

13. You may be given Hope and Positive Motivation