



1. Welcome Letter

Welcome to Headway Therapy Psychology, PC. We are deeply committed to helping our client's maximize their emotional strengths. We believe therapy can help people to feel more than just okay! Using integrative therapeutic strategies, we will work together to navigate the challenges and barriers that might prevent you from leading a complete and full life.

We would also like to take a moment to simply acknowledge how difficult it might have been for you to take this first step and coming to therapy. By doing so, you have already taken the initial leap toward investing in yourself.

The first few sessions of therapy might focus on managing the challenges or symptoms you are struggling with, then we might move on to explore how to implement positive changes and we work together to understand the consequences of these changes. Sometimes, once these symptoms are taken care of, therapy can be used to explore underlying patterns of behavior, so that, together, we can work toward increasing your understanding of yourself and the decisions you make or the relationships you have in your life.

We look forward working with you and we strongly value feedback, questions, concerns or thoughts you might have. Please feel free to bring these up in our sessions together.

Warmly,
Headway Therapy