



FREQUENTLY ASKED QUESTIONS

Does your practice only see clients involved in divorce or custody situations?

NO! While we do have a specialty in this area, all the therapists at ATG work with a variety of mental health issues. This specialty simply means that we understand the intersection between general mental health needs & divorce/custody situations. Some of the mental health concerns we help clients address are: • Anxiety and depression

- Self-esteem, self-worth, self-concept, identity exploration & development
- Trauma
- Conflict resolution, healthy communication & boundaries, improving relationships.

What is the process for starting therapy?

Clients should complete the contact form on our website. Someone from our office will contact you to schedule a phone call to learn more about your needs. If you choose to move forward, you will receive an invitation to our client portal to complete new client paperwork before scheduling your first appointment.

For minor clients, we do require a parent intake to gather background information about your child.

What is the general availability for therapy sessions?

Our therapists work Monday to Thursday. Children are generally seen during after-school hours so that they do not miss school every week. We do not have any after-school appointments available on Fridays and our therapists do not generally work on the weekends. Our parenting coach may have occasional weekend availability for parent coaching services.

Does your practice take insurance?

We do not accept any form of insurance. We do provide a superbill. This is a document you can submit to your insurance company for possible reimbursement of fees paid to our practice. We accept credit cards, HSA, FSA for payment.

Do you provide virtual or in-person appointments?

We provide virtual appointments for parent coaching and parent intakes. Adults are seen virtually or in person. Children are rarely seen virtually.

When working with children, how do you involve parents?



The therapist will write a collaborative summary approximately every 6-8 weeks with your child. This way your child's privacy is protected, yet parents remain involved. The therapist then meets with the parents to discuss therapy progress, provide feedback, and learn about what changes you are seeing in your child.

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