Welcome to a Season for Change Counseling and Hypnosis

How to start mental health counseling services

**Step one to access mental health counseling**

**Please fill out the intake paperwork the best you can. Then bring this paperwork with you to the first appointment.** This intake packet contains some basic information and forms that are important for us to start the process. This is important for a number of reasons; the collection of information is required by the State of Oregon, you have client rights (which is important for you to understand), and the information helps me to begin to understand how to best work with you.

During our first session, we will be doing what is called an assessment that takes between 1.5 hours and 2.0 hours. I will be asking you a lot of personal questions, and from this information we will be able to create a plan of action to best determine what issues we want to focus on in counseling. I will also answer questions and begin the process of determining if you need other community resources.

**Step two**

Please call to make an appointment. Dianna makes appointments for the Sandy and Rockwood/Gresham (Portland, Oregon address) office. **Dianna can be reached at: 503-997-7734. Dianna generally works in these offices on Mondays, Thursdays, and part of Saturday.**

If you want to schedule an appointment for the SE Portland office, please call and make an appointment with **Golden Dawn Clinic staff at: 503-788-6483**. **Dianna generally works in this office on Wednesdays and Fridays.**

Be prepared to share contact information including insurance information.

How to start hypnosis services

**Step one to access hypnosis only services**

Dianna only does hypnosis when the buildings are quiet in Sandy and in the Rockwood/Gresham offices. Please contact her directly at: 503-997-7734 to make an appointment.