**Before you leave the building please sit in the waiting area and complete the few questionnaires in this envelope. They will not take very long to complete.**

**This is why we need you to do this:**

**Sometimes (although rarely) insurance companies that help pay for your services here will ask for more information to justify their continuing to pay toward your therapy. Being medical insurance companies with no established standards for effectiveness of psychotherapy, they may refer to the “medical necessity” of our services. These questionnaires can help if you later want us to justify to your insurance company their need to pay for your sessions with us.**

**Please today mark answers that tell the way you felt BEFORE our first session today. This gives a record of how bad you felt before coming to see us today. (You probably feel much better after even one session with us. Remember that this questionnaire taken at this time is to record how you felt BEFORE that first session.)**

**You will feel much better as your work with us continues over a series of appointments. You and we will both not need these questionnaire results to know that is true. However, we might find it helpful for you to answer these same questionnaires at intervals to show your improvement in these “medical” aspects of your life (as well as to suggest your need to continue your work with us, toward maximum well-being.)**

**When you have answered the questions, place the papers back in this envelope and place the envelope in the wall magazine rack near the entry door in Durham OR in the leather container under the table near the large sound machine in Graham.**

**If you do not want to answer a specific question, simply don’t answer it. Also, please be assured that we will get your permission before we will ever give any of your personal information to your insurance company.**

**Thank you!**