



CLARITY THERAPY  
NYC

## Housekeeping and Our Commitment to You

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Thank you for joining us and making therapy a commitment. We appreciate your dedication to prioritizing your wellbeing. We want to honor you and be clear about our commitment to you and the culture that we wish to create. This list was created to demystify any of the process.

**LET'S USE OUR TIME WELL.** Every week, we commit time specifically for you. Out of a mutual respect, let's do our best to honor each other, show up at each meeting (on time) and use our time well.

**LET'S BE COMMITTED TO DOING THE WORK.** Therapy is most powerful when it is an active, involved, and effortful process. The more you participate, communicate, and take action, the more impactful it will be. At times, the work may feel intimidating, frustrating, tiring, and demanding. Trust in the process - this is by design. Just like any other form of exercise, if the workout isn't challenging your limits, flexibility, and stamina, then growth will take longer.

**WE CAN BOTH EXPECT IMPROVEMENT (BUT NOT TRANSFORMATION).**

Slow and steady leads to lasting change. Although we wish we could wave a magic wand to solve problems or promise immediate relief, therapy takes time and is not a quick fix.

Long-lasting, transformational change occurs over time and with effort, but it may not be something you see in the mirror after a few sessions. If you're struggling, speak with your therapist about your expectations and let's explore how to set realistic goals. We want to work in a way to make your growth most sustainable.

**LET'S TALK IT OUT BEFORE GHOSTING.** We want this to be a positive experience for you. And we know the importance of fit. If you're feeling like something isn't working out, or if your needs aren't being met, or you need something different, then please speak up. In our view, it's better to be assertive than passive when it comes to advocating for yourself, and we appreciate the opportunity to "course correct" if something doesn't feel right. It's ok if you'd still like to end things, just let your therapist know. In the end, we respect your decision and want you to get what you need.

**PLEASE TAKE A SEAT AND REFLECT.** If an office door is closed, we are likely with another client. Please check in on the iPad so that the therapist will be alerted to your arrival. Feel free to make yourself comfortable in our waiting area until your therapist comes to get you.

**DISCONNECT TO CONNECT.** We're pleased to invite you into our peaceful and reflective space.. We understand that life happens and that things need your attention, so please step outside the suite and into the hallway if you need to make a phone call.

**STRESSED ABOUT FEES OR SCHEDULING?** Therapy isn't meant to add stress to your life, or be a financial or time burden. If you're struggling with this, or any part of the process, please speak your mind so that we can create a solution.

**WE DO HAVE A FLEXIBLE CANCELLATION AND RESCHEDULING POLICY.** Meeting at the agreed upon time is part of the process. Although we would rather not have to enforce this, we do ask for the courtesy of honoring our flexible cancelation policy. It's always best to reschedule for the week, so please let us know what alternatives are best. Make sure you're familiar with our policy to avoid any unexpected fees.

**LOST AND FOUND.** Left something behind or found something? No worries. Ask your therapist about our Lost & Found and we will be sure to follow up.

**IT'S CONFIDENTIAL.** We value what you share with us and what is discussed in session stays between us. There are rare situations, however, where confidentiality may not apply. You can read more about these specifics on our Consent for Treatment form.