



RESOURCE 1.3

PROFESSIONAL SUPPORT RESOURCES

HVL Connect Client Resource

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ABOUT THIS RESOURCE

Purpose: This resource helps you understand when and how to seek professional mental health support, and guides you through finding and working with therapists and other professionals.

When to use this:

- You're wondering if you need therapy
- You're ready to find a therapist
- You need to understand different types of mental health professionals
- You want to know how therapy works
- You're navigating insurance and costs
- You need guidance on integrating therapy with coaching

What this resource provides:

- Clear distinction between coaching and therapy
- Signs you need professional help
- Types of mental health professionals
- How to find and evaluate therapists
- What to expect in therapy
- Insurance and payment guidance
- Specific resources and directories



PART 1: WHEN TO SEEK PROFESSIONAL HELP

Understanding Coaching vs. Therapy

COACHING AND THERAPY ARE DIFFERENT (and both valuable).

COACHING:

Focus:

- Present and future
- Goals and action
- Skills and strategies
- Accountability and growth
- Relationship enhancement
- Performance and achievement

Best for:

- Skill-building (communication, boundaries, etc.)
- Goal-setting and achievement
- Accountability and motivation
- Relationship enhancement
- Dating strategy
- Life transitions
- Personal growth
- Career development

What coaching is **NOT**:

- Treatment for mental health disorders
- Trauma therapy
- Clinical intervention
- Medical treatment
- Diagnosis of mental illness

Your coach (Dante) provides:

- Relationship coaching (dating, couples, intimacy)
- Evidence-based strategies
- Skill development
- Accountability and support
- Goal achievement
- Growth and enhancement



THERAPY:

Focus:

- Past, present, and future
- Healing and treatment
- Mental health disorders
- Trauma processing
- Deep emotional work
- Clinical intervention

Best for:

- Anxiety disorders
- Depression
- Trauma (past abuse, PTSD, etc.)
- Grief and loss
- Addiction
- Eating disorders
- Severe relationship trauma (infidelity, abuse)
- Mental health diagnosis and treatment
- Medication management (with psychiatrist)
- Deep healing work

What therapy provides:

- Clinical assessment and diagnosis
- Evidence-based treatment
- Trauma processing
- Mental health treatment
- Deep therapeutic relationship
- Long-term healing



COACHING + THERAPY = POWERFUL COMBINATION

Many clients benefit from BOTH:

- Therapy for healing and mental health
- Coaching for skills and growth

Example:

- Therapy to process childhood trauma
- Coaching to build healthy relationship skills

Example:

- Therapy for anxiety disorder
- Coaching for dating strategy and confidence

These work together beautifully. Not either/or.

Signs You Need Therapy

CONSIDER THERAPY IF YOU'RE EXPERIENCING

MENTAL HEALTH SYMPTOMS:

- Depression (persistent sadness, hopelessness, loss of interest)
- Anxiety (constant worry, panic attacks, avoidance)
- Trauma symptoms (flashbacks, nightmares, hypervigilance)
- Obsessive thoughts or compulsive behaviors
- Eating disorder symptoms
- Substance abuse or addiction
- Self-harm thoughts or behaviors
- Suicidal thoughts

→ **These require professional mental health treatment.**

PAST TRAUMA:

- Childhood abuse or neglect
- Sexual assault or abuse
- Domestic violence
- Significant loss or grief
- PTSD from any traumatic event
- Complex trauma

→ **Trauma needs specialized trauma therapy.**



RELATIONSHIP TRAUMA:

- Infidelity or betrayal (recent or unhealed)
 - Emotional or verbal abuse in relationship
 - Pattern of toxic relationships
 - Attachment wounds from past relationships
 - Difficulty trusting due to past hurts
- **Consider individual therapy and/or couples therapy.**

SEVERE RELATIONSHIP CONFLICT:

- Constant fighting without resolution
 - Emotional or verbal abuse
 - Physical violence (past or present)
 - Complete communication breakdown
 - One or both partners threatening to leave
 - Infidelity or major betrayal
- **Couples therapy with licensed MFT (Marriage and Family Therapist).**

FUNCTIONING IMPAIRMENT:

- Can't work or perform at work
 - Can't maintain relationships
 - Can't take care of basic needs
 - Isolating completely
 - Using substances to cope
 - Engaging in risky behaviors
- **Immediate professional help needed.**

MEDICATION EVALUATION NEEDED:

- Symptoms not improving with therapy or coaching
 - Severe depression or anxiety
 - Bipolar disorder symptoms
 - Psychotic symptoms
 - ADHD symptoms affecting relationships
- **See psychiatrist for medication evaluation.**



Types of Issues Requiring Professional Help

THERAPY IS NEEDED FOR:

Clinical mental health issues:

- Depression, anxiety, PTSD, OCD, bipolar disorder, etc.

Trauma processing:

- Childhood trauma, sexual assault, abuse, complex trauma

Addiction:

- Substance abuse, behavioral addictions, pornography addiction

Severe relationship issues:

- Abuse, infidelity recovery, major betrayal, toxic patterns

Grief and loss:

- Death of loved one, major life losses, complicated grief

Eating disorders:

- Anorexia, bulimia, binge eating disorder

Self-harm or suicidal thoughts:

- Any thoughts of harming self or others

Personality disorders:

- Borderline, narcissistic, etc. (require specialized treatment)

COACHING IS APPROPRIATE FOR:

Skill-building:

- Communication, boundaries, conflict resolution

Relationship enhancement:

- Dating strategy, intimacy building, connection

Goal achievement:

- Finding partner, improving relationship, personal growth

Life transitions:

- New relationship, engagement, blending families

Personal development:

- Confidence, self-awareness, growth

IF YOU'RE UNSURE:

- Talk to your coach (Dante can help assess)
- Consult with a therapist for evaluation
- You can always do both (therapy + coaching)



Crisis Situations

SEEK IMMEDIATE HELP IF:

- ❑ Suicidal thoughts or plans
- ❑ Thoughts of harming yourself
- ❑ Thoughts of harming others
- ❑ Experiencing physical violence
- ❑ Severe mental health crisis
- ❑ Psychotic symptoms (hallucinations, delusions)
- ❑ Severe panic or inability to function

IMMEDIATE RESOURCES:

Call 988 - National Suicide Prevention Lifeline

Text HOME to 741741 - Crisis Text Line

Call 911 - If immediate danger

Go to Emergency Room - For mental health crisis

Call 1-800-799-7233 - National Domestic Violence Hotline

DO NOT WAIT. GET HELP NOW.



PART 2: TYPES OF MENTAL HEALTH PROFESSIONALS

Understanding Different Professionals

THERE ARE MANY TYPES OF MENTAL HEALTH PROFESSIONALS.

Here's who does what:

Marriage and Family Therapist (MFT / LMFT)

Credentials:

- Master's degree in Marriage and Family Therapy
- Licensed by state (LMFT = Licensed Marriage and Family Therapist)
- 2-3 years supervised clinical experience
- Passed licensing exam

Specialization:

- Relationship and family systems
- Couples therapy
- Family therapy
- Relationship issues

Best for:

- Couples therapy
- Family conflict
- Relationship issues
- Communication problems
- Infidelity recovery
- Premarital counseling

Can they prescribe medication? No

Insurance coverage: Usually yes (check your plan)

Licensed Professional Counselor (LPC / LPCC)

Credentials:

- Master's degree in Counseling
- Licensed by state (LPC = Licensed Professional Counselor)
- 2-3 years supervised clinical experience
- Passed licensing exam

Specialization:

- General mental health counseling
- Individual therapy
- Various therapeutic approaches

**Best for:**

- Depression and anxiety
- Life transitions
- Personal growth
- Stress management
- General mental health

Can they prescribe medication? No

Insurance coverage: Usually yes (check your plan)

Psychologist (PhD / PsyD)**Credentials:**

- Doctoral degree (PhD or PsyD) in Psychology
- Licensed by state
- Extensive training and research

Specialization:

- Psychological assessment and testing
- Therapy (various approaches)
- Research-based treatment

Best for:

- Psychological testing and assessment
- Complex mental health issues
- Evidence-based therapy
- Specialized treatment

Can they prescribe medication? No (except in some states with additional training)

Insurance coverage: Usually yes (check your plan)

Psychiatrist (MD / DO)**Credentials:**

- Medical degree (MD or DO)
- Specialized in psychiatry
- Licensed physician

Specialization:

- Mental health diagnosis
- Medication management
- Medical approach to mental health

Best for:

- Medication evaluation and management
- Complex mental health diagnosis



- Severe mental illness
- When therapy alone isn't enough

Can they prescribe medication? YES

Insurance coverage: Usually yes (check your plan)

Note: Most psychiatrists focus on medication management, not therapy. You'd see psychiatrist for meds and therapist for therapy.

Clinical Social Worker (LCSW)

Credentials:

- Master's degree in Social Work
- Licensed Clinical Social Worker (LCSW)
- Clinical training and experience

Specialization:

- Mental health therapy
- Case management
- Resource connection
- Social services

Best for:

- Therapy for mental health issues
- Connecting to community resources
- Holistic support
- Practical and emotional support

Can they prescribe medication? No

Insurance coverage: Usually yes (check your plan)

Sex Therapist (AASECT Certified)

Credentials:

- Licensed therapist (MFT, LPC, LCSW, or psychologist)
- Additional specialized training in sex therapy
- AASECT certified (American Association of Sexuality Educators, Counselors and Therapists)

Specialization:

- Sexual dysfunction
- Sexual trauma
- Intimacy issues
- Sexual identity and orientation
- Sexual health

Best for:

- Clinical sexual issues (erectile dysfunction, vaginismus, etc.)



- Sexual trauma recovery
- Sexual identity exploration
- Severe intimacy issues
- Medical sexual problems

Can they prescribe medication? No (unless also a psychiatrist)

Insurance coverage: Sometimes (check your plan)

Find certified sex therapists: AASECT.org

Note: Sex therapy is different from intimacy coaching. Sex therapy addresses clinical issues. Intimacy coaching (like HVL Connect) addresses communication, connection, and relational aspects.

Psychiatric Nurse Practitioner (PMHNP)

Credentials:

- Advanced nursing degree
- Specialized in psychiatric mental health
- Licensed to practice

Specialization:

- Mental health assessment
- Medication management
- Some provide therapy

Best for:

- Medication evaluation and management
- Mental health treatment
- Often more accessible than psychiatrists

Can they prescribe medication? YES

Insurance coverage: Usually yes (check your plan)



PART 3: FINDING A THERAPIST

Where to Look

INSURANCE PROVIDER DIRECTORY

If you have insurance:

1. Call number on back of insurance card
2. Ask for "in-network mental health providers"
3. Ask for list specific to your needs (couples therapy, trauma, etc.)
4. Get list of names and numbers

Pros:

- In-network = lower cost
- Pre-approved by insurance

Cons:

- Limited selection
- May not find right fit

ONLINE THERAPIST DIRECTORIES:

Psychology Today:

- PsychologyToday.com
- Search by location, issue, insurance, specialty
- Read therapist profiles
- See photos and approach
- Most comprehensive directory

TherapyDen:

- TherapyDen.com
- LGBTQ+ friendly focus
- Inclusive and diverse therapists
- Search by identity and specialty

Inclusive Therapists:

- InclusiveTherapists.com
- Social justice-oriented
- Diverse and inclusive
- Specialized populations

Open Path Collective:

- OpenPathCollective.org
- Low-cost therapy (\$30-80/session)
- For those without insurance or with high deductibles
- One-time \$65 membership fee

**Zencare:**

- Zencare.com
- Video introductions from therapists
- See and hear therapist before booking
- Available in select cities

Good Therapy:

- GoodTherapy.org
- Ethical, client-centered focus
- Search by specialty and location

REFERRALS FROM TRUSTED SOURCES:**Ask:**

- Your primary care doctor
- Your coach (Dante can provide referrals)
- Friends or family (if comfortable)
- Religious or spiritual leader
- Employee Assistance Program (EAP) through work

Pros:

- Personal recommendation
- Trusted source

Cons:

- Limited to who they know
- May not fit your needs

HOUSTON-AREA SPECIFIC RESOURCES:**Houston Therapy:**

- Many therapists specialize in Houston area
- Search directories with "Houston, TX" filter

Community Mental Health Centers:

- Harris Center for Mental Health and IDD
- Sliding scale fees
- Accessible care

University Counseling Centers:

- University of Houston
- Rice University
- Often offer low-cost therapy with supervised trainees

TELEHEALTH / ONLINE THERAPY:**Platforms:**

- BetterHelp.com



- Talkspace.com
- Cerebral.com (includes medication management)
- Many individual therapists offer telehealth

Pros:

- Convenient (from home)
- Flexible scheduling
- Access to therapists outside your area

Cons:

- May not take insurance
- Less personal than in-person
- Not appropriate for severe crises

What to Look For in a Therapist

CREDENTIALS AND LICENSING:

- Licensed in your state (LMFT, LPC, LCSW, PhD, PsyD, etc.)
- Good standing with licensing board (can check online)
- Appropriate credentials for your needs

SPECIALIZATION:

- Experience with your specific issue (trauma, couples, anxiety, etc.)
- Training in evidence-based approaches
- Specialization matches your needs

For relationship issues: Look for MFT or therapist specializing in couples

For trauma: Look for trauma-informed therapist (EMDR, Somatic Experiencing, etc.)

For anxiety/depression: Look for CBT, ACT, or other evidence-based approach

APPROACH AND STYLE:

- Therapeutic approach resonates with you
- Style feels like good fit (directive vs. exploratory, etc.)
- You feel comfortable with them

Common therapeutic approaches:

- **CBT** (Cognitive Behavioral Therapy): Focus on thoughts and behaviors
- **DBT** (Dialectical Behavior Therapy): Skills for emotion regulation
- **EMDR** (Eye Movement Desensitization and Reprocessing): Trauma processing
- **ACT** (Acceptance and Commitment Therapy): Mindfulness and values



- **Psychodynamic:** Insight-oriented, explores past
- **Gottman Method:** Evidence-based couples therapy
- **EFT** (Emotionally Focused Therapy): Attachment-based couples therapy
- **Somatic:** Body-based trauma therapy

PRACTICAL CONSIDERATIONS:

- Accepts your insurance (or affordable out-of-pocket)
- Convenient location or offers telehealth
- Availability matches your schedule
- Fees are within your budget

CULTURAL COMPETENCE:

- Experience with your cultural background
- Sensitive to your identity (race, ethnicity, religion, sexual orientation, gender identity)
- Creates safe, inclusive space
- Understands your unique context

GUT FEELING:

- You feel comfortable with them
- You sense they "get" you
- You feel safe being vulnerable
- You trust them

Trust your instincts. Fit matters.

Questions to Ask in Consultation

MOST THERAPISTS OFFER FREE 15-20 MINUTE CONSULTATION CALL.

Use this to evaluate fit.

QUESTIONS TO ASK:

About their experience:

- "What's your experience working with [your issue]?"
- "What's your approach to [couples therapy / trauma / anxiety / etc.]?"
- "What training do you have in [specific approach]?"
- "How long have you been practicing?"

About their approach:

- "What does a typical session look like?"
- "What therapeutic approach do you use?"



- "How active/directive are you in sessions?"
- "Do you assign homework or exercises between sessions?"

About logistics:

- "Do you accept my insurance?"
- "What's your fee for out-of-pocket?"
- "Do you offer sliding scale?"
- "What's your availability?"
- "Do you offer in-person, telehealth, or both?"
- "How long are sessions?"
- "How often would we meet?"

About fit:

- "Do you have experience with [your cultural background / identity]?"
- "How do you approach [specific concern you have]?"
- "What's your cancellation policy?"
- "How do you handle between-session crises?"

About outcomes:

- "What can I expect from therapy?"
- "How long does treatment typically take?"
- "How will we know if it's working?"
- "What happens if we're not a good fit?"

RED FLAGS IN CONSULTATION:

- X Therapist is judgmental or dismissive
- X Therapist guarantees specific outcomes
- X Therapist talks more about themselves than listening to you
- X You feel uncomfortable or unsafe
- X Therapist pushes you to commit before you're ready
- X Therapist is vague about credentials or approach
- X Therapist doesn't answer your questions clearly
- X Something feels "off" (trust your gut)

If you notice red flags, keep looking.

GREEN FLAGS IN CONSULTATION:

- ✓ Therapist listens well and asks good questions
- ✓ You feel heard and understood
- ✓ Therapist is clear about approach and expectations
- ✓ You feel comfortable and safe
- ✓ Therapist respects your questions and concerns
- ✓ Credentials and experience are appropriate
- ✓ Logistics work for you



✓ You have a good feeling about them
If you notice green flags, schedule first session.

Evaluating Therapists

THERAPIST EVALUATION CHECKLIST

After consultation or first session, ask yourself:

- ☐ Do I feel comfortable with this person?
- ☐ Do I feel heard and understood?
- ☐ Do they have appropriate experience for my needs?
- ☐ Do I trust them?
- ☐ Do they seem competent and professional?
- ☐ Are logistics workable (cost, location, schedule)?
- ☐ Do I feel safe being vulnerable with them?
- ☐ Do I believe they can help me?
- ☐ Am I willing to do the work with them?

If YES to most/all: This is likely a good fit. Continue.

If NO to several: This may not be the right fit. Keep looking.

IT'S OKAY TO "SHOP AROUND":

- You can consult with multiple therapists
- You can try a few sessions and switch if not a good fit
- Finding the right therapist is important
- Don't settle for someone who doesn't feel right

Therapy is most effective when there's a good therapeutic relationship.

WHEN TO SWITCH THERAPISTS:

Consider switching if:

- ☐ You don't feel comfortable or safe
- ☐ You're not making progress after several months
- ☐ Therapist is judgmental or dismissive
- ☐ You don't feel heard or understood
- ☐ Therapist's approach isn't working for you
- ☐ Logistics aren't working (cost, schedule, location)
- ☐ You've outgrown the therapist
- ☐ Something feels wrong (trust your gut)

How to switch:

1. It's okay to tell them it's not working



2. You can ask for referral to someone else
3. You can simply not schedule next appointment
4. You don't owe lengthy explanation

Don't stay with wrong therapist out of guilt or obligation.



PART 4: THERAPY LOGISTICS

Understanding Costs

THERAPY COSTS VARY WIDELY.

TYPICAL COSTS:

With insurance (in-network):

- Copay: \$0-50 per session (depending on plan)
- After deductible met: Usually just copay
- Before deductible met: May pay full session cost until deductible reached

Out-of-network (with insurance):

- You pay full fee upfront
- Submit claim for reimbursement
- Insurance reimburses percentage (often 50-80%)
- Applied to out-of-network deductible

Private pay (no insurance):

- \$100-250+ per session (varies by location and therapist experience)
- Houston average: \$125-175 per session
- Specialists or highly experienced: \$200-300+

Sliding scale:

- Some therapists offer reduced fees based on income
- \$50-100 per session
- Limited availability
- Ask if therapist offers sliding scale

Low-cost options:

- Community mental health centers: \$0-50 per session
- University training clinics: \$20-60 per session
- Open Path Collective: \$30-80 per session
- Group therapy: Often less expensive than individual

INSURANCE CONSIDERATIONS:

Questions to ask your insurance:

- "Do I have mental health coverage?"
- "What's my copay for therapy?"
- "What's my deductible?"
- "How many sessions are covered per year?"
- "Do I need pre-authorization?"
- "What providers are in-network?"

Questions to ask therapist:



- "Do you accept my insurance?"
- "Are you in-network or out-of-network?"
- "Do you handle insurance billing or do I?"
- "What's your fee if I pay out-of-pocket?"

USING HSA/FSA:

- Health Savings Accounts and Flexible Spending Accounts can be used for therapy
- Pre-tax dollars
- Can use for copays or full session fees
- Check with your HSA/FSA administrator

PAYMENT PLANS:

- Some therapists offer payment plans
- Ask if available
- Especially for intensive therapy or specialized treatment

Session Frequency and Duration

HOW OFTEN WILL YOU GO?

Typical frequency:

- **Weekly:** Most common, especially at start
- **Bi-weekly:** After progress, for maintenance
- **Monthly:** For ongoing support or check-ins
- **Intensive:** Multiple times per week for severe issues

Your therapist will recommend frequency based on your needs.

HOW LONG ARE SESSIONS?

Standard session: 50-60 minutes (called "50-minute hour")

Other options:

- 30-minute sessions (brief check-ins, medication management)
- 90-minute sessions (couples therapy, intensive work)
- Half-day or full-day intensives (trauma work, couples retreats)

HOW LONG WILL THERAPY TAKE?

It depends on:

- Your goals
- Severity of issues



- Your engagement in the process
- Type of therapy

Typical timelines:

Short-term (3-6 months):

- Specific issue or goal
- Skills-based therapy (CBT for anxiety)
- Brief solution-focused work

Medium-term (6-12 months):

- More complex issues
- Relationship therapy
- Moderate depression or anxiety

Long-term (1+ years):

- Trauma processing
- Deep healing work
- Complex mental health issues
- Personality work

Ongoing maintenance:

- Monthly or bi-weekly check-ins
- After completing intensive work
- Preventive care

Your therapist will discuss timeline with you.

What to Expect in Therapy

FIRST SESSION (INTAKE):

What happens:

- Therapist gathers information about you
- You discuss what brings you to therapy
- Therapist asks about history (family, relationships, mental health, trauma)
- You discuss goals for therapy
- Therapist explains their approach
- You ask questions
- You discuss logistics (frequency, cost, policies)

What to bring:

- Insurance card (if using insurance)
- List of current medications
- Any relevant medical or mental health records



- Questions you have
- Your goals for therapy

How it feels:

- May feel awkward or vulnerable (normal!)
- Lots of questions from therapist
- Getting-to-know-you conversation
- Setting foundation for work ahead

Duration: Usually full session (50-60 minutes), sometimes longer

ONGOING SESSIONS:

Typical structure:

- Check-in: How are you? What's happened since last session?
- Focus: Work on specific issue or goal
- Processing: Explore thoughts, feelings, patterns
- Skills: Learn new tools or strategies
- Homework: Practice between sessions (sometimes)
- Closing: Summarize, plan for next session

What you'll do:

- Talk about your experiences, thoughts, feelings
- Explore patterns and insights
- Practice new skills
- Process difficult emotions
- Work through challenges
- Set and work toward goals

What therapist will do:

- Listen deeply
- Ask questions
- Offer insights and observations
- Teach skills and strategies
- Provide support and validation
- Challenge unhelpful patterns (gently)
- Hold space for your emotions

HOW THERAPY WORKS:

Therapy is effective because:

- Safe, confidential space to be vulnerable
- Professional, trained support
- Objective perspective
- Evidence-based techniques



- Consistent, ongoing relationship
- Accountability and structure

What makes therapy work:

- Your engagement and honesty
- Willingness to be vulnerable
- Doing the work (in and out of sessions)
- Trust in the process
- Good therapeutic relationship
- Consistency (showing up regularly)

Therapy is collaborative. You and therapist work together.

CONFIDENTIALITY:

What's confidential:

- Everything you say in therapy
- Therapist cannot share without your written permission
- Protected by law (HIPAA)

Exceptions (therapist must break confidentiality if):

- You're at risk of harming yourself
- You're at risk of harming someone else
- Child or elder abuse is disclosed
- Court order (rare)

Otherwise, what you say stays between you and therapist.

BETWEEN SESSIONS:

Some therapists offer:

- Email check-ins (brief)
- Crisis phone calls (if needed)
- Homework or exercises
- Resources or readings

Some don't offer between-session contact.

Ask your therapist about their policy.

PART 5: TYPES OF THERAPY

Individual Therapy

ONE-ON-ONE THERAPY WITH THERAPIST

Best for:

- Personal mental health issues (depression, anxiety, trauma)
- Individual growth and healing
- Processing your own experiences



- Building skills for yourself
- Working through past issues

Format:

- Just you and therapist
- 50-60 minutes
- Weekly or bi-weekly
- Private and confidential

When to choose individual therapy:

- You need to work on your own issues
- You want personal growth
- You're dealing with trauma or mental health issues
- You need space to process your own experience
- You want to build your own skills and resilience

Couples Therapy

THERAPY WITH YOU AND YOUR PARTNER

Best for:

- Relationship conflict
- Communication problems
- Trust issues
- Infidelity recovery
- Intimacy challenges
- Considering separation
- Premarital counseling
- Blending families

Format:

- You and partner together with therapist
- Usually 60-90 minutes
- Weekly or bi-weekly
- Focus on relationship dynamics

Approaches:

- **Gottman Method:** Research-based, focuses on friendship, conflict management, shared meaning
- **EFT (Emotionally Focused Therapy):** Attachment-based, focuses on emotional connection
- **Imago Relationship Therapy:** Focuses on childhood wounds and healing through relationship



- **Narrative Therapy:** Focuses on stories you tell about relationship

When to choose couples therapy:

- Both partners are willing to participate
- Relationship issues are primary concern
- You want to improve relationship
- You're considering separation and want to try therapy first
- You're preparing for marriage

When NOT to choose couples therapy:

- Active abuse (individual therapy first)
- One partner refuses to participate
- One partner has untreated addiction
- One partner has severe untreated mental illness

Family Therapy

THERAPY WITH FAMILY MEMBERS

Best for:

- Family conflict
- Parenting challenges
- Blended family issues
- Communication in family
- Family transitions
- Supporting family member with mental illness

Format:

- Multiple family members with therapist
- 60-90 minutes
- Focus on family system and dynamics

When to choose family therapy:

- Issues involve whole family
- Children are affected by family conflict
- Family patterns need to change
- Blending families
- Supporting family through crisis

Group Therapy

THERAPY WITH OTHERS FACING SIMILAR ISSUES

Best for:

- Shared experiences (grief, divorce, addiction recovery)
- Social support
- Learning from others
- Reducing isolation
- Lower cost option

Format:

- 6-12 people with therapist facilitator
- 60-90 minutes
- Weekly meetings
- Structured or open discussion

Types of groups:

- Grief and loss
- Divorce recovery
- Anxiety or depression
- Addiction recovery (AA, NA, etc.)
- Trauma survivors
- Relationship issues

Benefits:

- Less expensive than individual therapy
- Support from others who understand
- Learn from others' experiences
- Reduce isolation
- Practice social skills

Challenges:

- Less individual attention
- Less privacy
- Group dynamics can be complex
- Must wait your turn to share



Specialized Therapies

EMDR (Eye Movement Desensitization and Reprocessing):

- For trauma processing
- Uses bilateral stimulation (eye movements, tapping)
- Evidence-based for PTSD
- Relatively short-term (compared to traditional trauma therapy)

When to choose: Trauma, PTSD, disturbing memories

DBT (Dialectical Behavior Therapy):

- Skills-based therapy
- Focuses on emotion regulation, distress tolerance, interpersonal effectiveness
- Originally for borderline personality disorder
- Now used for many issues

When to choose: Intense emotions, self-harm, difficulty regulating emotions

Somatic Therapy:

- Body-based trauma therapy
- Focuses on physical sensations and body awareness
- Releases trauma stored in body

When to choose: Trauma, especially if talk therapy hasn't worked

Sex Therapy:

- Specialized therapy for sexual issues
- AASECT certified therapists
- Addresses sexual dysfunction, trauma, identity

When to choose: Clinical sexual issues, sexual trauma, severe intimacy problems



PART 6: INSURANCE AND PAYMENT

Understanding Insurance Coverage

MENTAL HEALTH PARITY LAW:

- Insurance must cover mental health like physical health
- Can't have higher copays or stricter limits for mental health
- Most plans cover therapy

WHAT YOUR INSURANCE COVERS:

Call the number on your insurance card and ask:

1. "Do I have mental health / behavioral health coverage?"
2. "What's my copay for outpatient therapy?"
3. "What's my deductible, and has it been met?"
4. "How many therapy sessions are covered per year?"
5. "Do I need pre-authorization or referral?"
6. "What providers are in-network in my area?"
7. "Is [specific therapist] in-network?"
8. "What's covered for out-of-network providers?"

Write down:

- Representative's name
- Date of call
- Reference number
- Answers to your questions

IN-NETWORK VS. OUT-OF-NETWORK:

In-Network:

- Therapist has contract with your insurance
- Lower cost (just copay, usually)
- Insurance handles billing
- Limited to therapists in network

Out-of-Network:

- Therapist doesn't have contract with insurance
- Higher cost upfront
- You submit claims for reimbursement
- More choice of therapists

Example:

- In-network: \$30 copay per session
- Out-of-network: Pay \$150, insurance reimburses \$90, you pay \$60 net



DEDUCTIBLES:

What's a deductible?

- Amount you pay before insurance starts covering
- Resets annually (usually January 1)

Example:

- Your deductible: \$1,000
- Therapy session: \$150
- You pay full \$150 until you've paid \$1,000 total
- After deductible met: You pay only copay

High-deductible plans:

- May pay full therapy cost until deductible met
- Can be expensive early in year
- Consider low-cost options if deductible not met

PRE-AUTHORIZATION:

Some insurance requires pre-authorization:

- Insurance approves therapy before you start
- Therapist or you request authorization
- Usually approved for specific number of sessions
- May need to renew authorization

Ask your insurance if pre-authorization is required.

SESSION LIMITS:

Some plans limit number of sessions:

- Example: 20 sessions per year
- After limit, you pay out-of-pocket
- Ask your insurance about limits

Most plans now have unlimited sessions (due to mental health parity).

Superbills and Reimbursement

IF YOU SEE OUT-OF-NETWORK THERAPIST:

Superbill:

- Detailed receipt from therapist
- Includes: diagnosis code, procedure code, date, cost, therapist info
- You submit to insurance for reimbursement



How it works:

1. You pay therapist full fee
2. Therapist gives you superbill
3. You submit superbill to insurance
4. Insurance reimburses you (percentage varies)
5. You receive check or direct deposit

Reimbursement timeline:

- Usually 2-4 weeks
- Sometimes longer
- Keep copies of all superbills

Reimbursement amount:

- Varies by plan (often 50-80% of fee)
- Applied to out-of-network deductible and out-of-pocket max

HOW TO SUBMIT SUPERBILL:

Option 1: Online portal

- Log into insurance website
- Upload superbill
- Track claim status online

Option 2: Mail

- Complete claim form (download from insurance website)
- Attach superbill
- Mail to address on form

Option 3: Fax

- Fax superbill and claim form to insurance

Keep copies of everything you submit.

Using HSA/FSA

HEALTH SAVINGS ACCOUNT (HSA):

- Pre-tax money for medical expenses
- You own the account (stays with you if you change jobs)
- Rolls over year to year
- Can use for therapy copays or full fees

FLEXIBLE SPENDING ACCOUNT (FSA):

- Pre-tax money for medical expenses
- Employer-owned (lose it if you leave job)
- Use it or lose it (doesn't roll over, usually)



- Can use for therapy copays or full fees

Both can be used for:

- Therapy sessions
- Psychiatric medication
- Psychological testing
- Mental health treatment

How to use:

- Pay with HSA/FSA debit card, OR
- Pay out-of-pocket and reimburse yourself from HSA/FSA

Check with your HSA/FSA administrator for details.

Low-Cost and Sliding Scale Options

IF COST IS A BARRIER:

COMMUNITY MENTAL HEALTH CENTERS:

- Sliding scale fees based on income
- \$0-50 per session
- Accept Medicaid
- Houston: Harris Center for Mental Health

UNIVERSITY TRAINING CLINICS:

- Supervised graduate students provide therapy
- \$20-60 per session
- Quality care with supervision
- Houston: University of Houston, Rice University

OPEN PATH COLLECTIVE:

- OpenPathCollective.org
- \$30-80 per session
- One-time \$65 membership
- Network of therapists offering reduced fees

SLIDING SCALE THERAPISTS:

- Many private practice therapists offer sliding scale
- Ask during consultation: "Do you offer sliding scale?"
- Based on income
- Limited slots available

ONLINE THERAPY PLATFORMS:

- BetterHelp: \$60-90 per week (unlimited messaging + sessions)
- Talkspace: Similar pricing
- More affordable than traditional therapy



- Convenient and accessible

GROUP THERAPY:

- Often less expensive than individual
- \$40-80 per session
- Insurance may cover

SUPPORT GROUPS:

- Often free or low-cost (\$5-20 per meeting)
- Peer-led or professionally facilitated
- AA, NA, Al-Anon, DivorceCare, GriefShare, etc.

EMPLOYEE ASSISTANCE PROGRAM (EAP):

- Check if your employer offers EAP
- Usually 3-8 free therapy sessions
- Confidential
- Good for short-term issues or to get started



PART 7: WORKING EFFECTIVELY WITH YOUR THERAPIST

Being an Active Participant

THERAPY WORKS BEST WHEN YOU'RE ENGAGED.

How to be an active participant:

BE HONEST:

- Tell the truth, even when it's hard
- Share what you're really thinking and feeling
- Don't hide important information
- Admit when you're struggling

BE VULNERABLE:

- Open up about difficult topics
- Share emotions, not just facts
- Let yourself feel in session
- Take emotional risks

DO THE WORK:

- Complete homework or exercises
- Practice skills between sessions
- Reflect on insights
- Apply what you learn

ASK QUESTIONS:

- If you don't understand something, ask
- If you disagree, say so
- If something isn't working, speak up
- Clarify expectations

GIVE FEEDBACK:

- Tell therapist what's helpful
- Tell therapist what's not helpful
- Share if you feel uncomfortable
- Advocate for your needs

SHOW UP CONSISTENTLY:

- Attend regularly
- Don't cancel unless necessary
- Be on time
- Commit to the process



What to Bring to Sessions

FIRST SESSION:

- Insurance card
- Payment method
- List of current medications
- Relevant medical/mental health history
- Your goals for therapy
- Questions you have

ONGOING SESSIONS:

- Updates since last session
- Issues you want to discuss
- Homework or exercises (if assigned)
- Questions that came up
- Open mind and willingness

WHAT NOT TO BRING:

- ✗ Distractions (turn off phone)
- ✗ Substances (don't come intoxicated)
- ✗ Expectations of being "fixed" immediately
- ✗ Defensiveness or closed-mindedness

How to Get the Most from Therapy

BEFORE SESSION:

- Reflect on what you want to discuss
- Note any patterns or insights
- Complete any homework
- Arrive a few minutes early to settle

DURING SESSION:

- Be present (not distracted)
- Be honest and open
- Feel your feelings
- Ask questions
- Take notes if helpful
- Trust the process

AFTER SESSION:

- Reflect on what came up
- Journal about insights



- Practice skills discussed
- Notice patterns in your life
- Apply what you learned

BETWEEN SESSIONS:

- Do homework or exercises
- Practice new skills
- Notice patterns
- Prepare for next session
- Reach out if crisis (if therapist allows)

When to Discuss Concerns

IF SOMETHING ISN'T WORKING, SPEAK UP.

Common concerns:

- "I don't feel like we're making progress"
- "I don't feel heard or understood"
- "Your approach isn't working for me"
- "I'm uncomfortable with something you said/did"
- "I need something different"

How to bring it up:

"I want to talk about how therapy is going. I'm feeling [concern]. Can we discuss this?"

Good therapists welcome feedback and will work with you.

If therapist is defensive or dismissive, that's a red flag.

When to Consider Switching Therapists

IT'S OKAY TO SWITCH THERAPISTS.

Consider switching if:

- Not making progress after 3-6 months
- Don't feel comfortable or safe
- Therapist is judgmental or dismissive
- Don't feel heard or understood
- Therapist's approach isn't working
- You've discussed concerns and nothing changed
- Logistics aren't working (cost, schedule, location)
- You've outgrown the therapist



- Something feels wrong

How to switch:

1. You can tell therapist: "I don't think this is the right fit. I'd like to try someone else."
2. You can ask for referral to another therapist
3. You can simply not schedule next appointment
4. You don't owe lengthy explanation

Don't stay with wrong therapist out of guilt.

Finding the right fit is important for effective therapy.



PART 8: INTEGRATING PROFESSIONAL SUPPORT WITH COACHING

How Therapy and Coaching Work Together

THERAPY + COACHING = POWERFUL COMBINATION

Many clients benefit from both:

Therapy for:

- Mental health treatment (depression, anxiety, trauma)
- Deep healing work
- Processing past experiences
- Clinical issues
- Diagnosis and treatment

Coaching for:

- Skill-building (communication, boundaries)
- Goal achievement (finding partner, improving relationship)
- Accountability and action
- Relationship enhancement
- Present and future focus

EXAMPLE COMBINATIONS:

Example 1:

- Individual therapy for anxiety disorder
- Dating coaching for building confidence and strategy

Example 2:

- Individual therapy for childhood trauma
- Couples coaching for communication skills

Example 3:

- Couples therapy for infidelity recovery
- Individual coaching for personal growth

Example 4:

- Therapy for depression
- Intimacy coaching for rebuilding connection

These work together beautifully.



Communication Between Providers

WITH YOUR PERMISSION, your coach and therapist can communicate.

Benefits:

- Coordinated care
- Both providers understand full picture
- Avoid conflicting advice
- Better support for you

How it works:

1. You sign release of information form (for both providers)
2. Coach and therapist can talk or email
3. They coordinate approach
4. You benefit from integrated support

You control what's shared and when.

Ask your coach (Dante) and therapist if they're willing to coordinate.

When to Prioritize Therapy vs. Coaching

PRIORITIZE THERAPY IF:

- You have mental health diagnosis requiring treatment
- You're dealing with trauma
- You're in crisis
- You have suicidal thoughts
- You need clinical intervention
- Your mental health is preventing functioning

Start with therapy. Add coaching when ready.

PRIORITIZE COACHING IF:

- You're mentally healthy and want to grow
- You need relationship skills
- You want accountability and action
- You're focused on specific goals
- You want to enhance your relationship

Coaching is appropriate when mental health is stable.

DO BOTH IF:

- You have mental health issues AND want skill-building
- You're in therapy and ready to add coaching



- You want healing (therapy) and growth (coaching)
- Your providers agree both are appropriate

Many clients successfully do both.

Your Coach's Role

DANTÉ (YOUR COACH) CAN:

- Provide relationship coaching (dating, couples, intimacy)
- Teach communication and relationship skills
- Help you set and achieve goals
- Provide accountability and support
- Offer evidence-based strategies
- Guide you through relationship challenges
- Help you build healthy patterns

DANTÉ CANNOT:

- Diagnose or treat mental health disorders
- Provide trauma therapy
- Prescribe medication
- Replace therapy when therapy is needed
- Treat clinical issues

DANTÉ WILL:

- Refer you to therapy when appropriate
- Support you in getting professional help
- Coordinate with your therapist (with permission)
- Continue coaching alongside therapy (if appropriate)



PART 9: SPECIFIC PROFESSIONAL RESOURCES

For Couples/Marriage Issues

FIND A MARRIAGE AND FAMILY THERAPIST (MFT)

Directories:

- AAMFT.org (American Association for Marriage and Family Therapy)
- PsychologyToday.com (filter by "couples therapy")
- TherapyDen.com

Look for:

- LMFT credential
- Specialization in couples therapy
- Training in Gottman Method or EFT
- Experience with your specific issue

Houston-area MFTs:

- Search directories with "Houston, TX" and "couples therapy"
- Ask your coach (Dante) for referrals

For Trauma

FIND A TRAUMA-INFORMED THERAPIST

Directories:

- PsychologyToday.com (filter by "trauma" or "PTSD")
- EMDRIA.org (EMDR International Association)
- Somatic Experiencing directory

Look for:

- Training in trauma therapy (EMDR, Somatic Experiencing, etc.)
- Trauma-informed approach
- Experience with your type of trauma

Specializations:

- Childhood trauma
- Sexual assault/abuse
- Domestic violence
- PTSD
- Complex trauma



For Sexual Issues

FIND A CERTIFIED SEX THERAPIST

Directory:

- AASECT.org (American Association of Sexuality Educators, Counselors and Therapists)

Look for:

- AASECT certified
- Licensed therapist (MFT, LPC, psychologist, etc.)
- Specialization in your specific issue

Sex therapists treat:

- Sexual dysfunction
- Sexual trauma
- Intimacy issues
- Sexual identity
- Sexual health

Note: Sex therapy is different from intimacy coaching. Sex therapy addresses clinical issues. Intimacy coaching (HVL Connect) addresses communication and connection.

For Psychiatry/Medication

FIND A PSYCHIATRIST

Directories:

- PsychologyToday.com (filter by "psychiatrist")
- Your insurance provider directory
- Referral from primary care doctor

Look for:

- MD or DO with psychiatry specialization
- Experience with your diagnosis
- Good bedside manner
- Accepts your insurance

Psychiatric Nurse Practitioners (PMHNP):

- Can also prescribe medication
- Often more available than psychiatrists
- Same directories

What to expect:

- Initial evaluation (60-90 minutes)



- Medication recommendation and prescription
- Follow-up appointments (15-30 minutes)
- Monitoring and adjusting medication

For Addiction

FIND ADDICTION TREATMENT

Resources:

- SAMHSA National Helpline: 1-800-662-4357
- AA.org (Alcoholics Anonymous)
- NA.org (Narcotics Anonymous)
- SMART Recovery (alternative to 12-step)

Treatment options:

- Outpatient therapy with addiction specialist
- Intensive Outpatient Program (IOP)
- Partial Hospitalization Program (PHP)
- Inpatient/residential treatment
- Support groups (AA, NA, etc.)

Houston-area resources:

- Harris Center for Mental Health (addiction services)
- Local AA/NA meetings (search online)
- Private addiction treatment centers

For Crisis Support

IMMEDIATE CRISIS RESOURCES

National Suicide Prevention Lifeline:

- Phone: **988**
- Available 24/7
- Free and confidential

Crisis Text Line:

- Text **HOME** to **741741**
- Available 24/7
- Text-based support

National Domestic Violence Hotline:

- Phone: **1-800-799-7233**
- Text: **START** to **88788**



- Available 24/7

SAMHSA National Helpline:

- Phone: **1-800-662-4357**
- Available 24/7
- Substance abuse and mental health

Houston-area crisis resources:

- Harris Center Crisis Line: **713-970-7000**
- Houston Police (non-emergency): **713-884-3131**
- Crisis Intervention of Houston: **832-416-1177**



PART 10: YOUR PROFESSIONAL SUPPORT PLAN

Assessing Your Needs

DO YOU NEED PROFESSIONAL SUPPORT?

Check all that apply:

- ☐ Depression (persistent sadness, hopelessness, loss of interest)
- ☐ Anxiety (constant worry, panic attacks, avoidance)
- ☐ Trauma (past abuse, PTSD, flashbacks)
- ☐ Relationship crisis (infidelity, abuse, major conflict)
- ☐ Suicidal thoughts or self-harm
- ☐ Substance abuse or addiction
- ☐ Eating disorder
- ☐ Severe stress affecting functioning
- ☐ Grief and loss
- ☐ Past trauma affecting current relationships
- ☐ Mental health diagnosis
- ☐ Need for medication evaluation

If you checked ANY of these, consider professional support.

WHAT TYPE OF SUPPORT DO YOU NEED?

Individual therapy if:

- ☐ Personal mental health issues
- ☐ Trauma processing
- ☐ Depression or anxiety
- ☐ Individual growth and healing

Couples therapy if:

- ☐ Relationship conflict
- ☐ Communication breakdown
- ☐ Infidelity or betrayal
- ☐ Considering separation
- ☐ Both partners willing to participate

Psychiatry if:

- ☐ Need medication evaluation
- ☐ Severe symptoms
- ☐ Diagnosis requiring medication

Sex therapy if:

- ☐ Clinical sexual dysfunction
- ☐ Sexual trauma



- ☐ Severe intimacy issues

Addiction treatment if:

- ☐ Substance abuse
- ☐ Behavioral addiction
- ☐ Need for structured support

Crisis intervention if:

- ☐ Suicidal thoughts
- ☐ Immediate danger
- ☐ Severe mental health crisis

Creating Your Action Plan

MY PROFESSIONAL SUPPORT NEEDS

I need support for:

Type of professional I need:

Urgency level:

- ☐ Crisis (need help immediately)
- ☐ Urgent (need help within days)
- ☐ Important (need help within weeks)
- ☐ Preventive (want to establish care)

MY ACTION STEPS

This week:

- ☐ _____
- ☐ _____
- ☐ _____

This month:

- ☐ _____
- ☐ _____
- ☐ _____

Within 3 months:

- ☐ _____
- ☐ _____



FINDING A THERAPIST:

Step 1: Determine what I need

Type of therapist: _____

Specialization: _____

Step 2: Check insurance

Called insurance: ☐ Yes ☐ No

In-network providers: _____

Copay: \$ _____

Deductible: \$ _____

Step 3: Search directories

Directories to search:

- ☐ PsychologyToday.com
- ☐ TherapyDen.com
- ☐ Insurance provider directory
- ☐ Other: _____

Step 4: Narrow down options

Therapists to contact:

1. _____
2. _____
3. _____

Step 5: Schedule consultations

Consultation dates:

1. _____
2. _____
3. _____

Step 6: Choose therapist and schedule first session

Therapist chosen: _____

First session date: _____

Tracking Your Professional Support

MY PROFESSIONAL SUPPORT TEAM:

Therapist:

Name: _____

Type: _____

Specialization: _____

Phone: _____



Email: _____

Frequency: _____

Started: _____

Psychiatrist/Prescriber (if applicable):

Name: _____

Phone: _____

Medications: _____

Next appointment: _____

Coach:

Name: Dante Yigael, HVL Connect

Phone: 832-800-0417

Email: dante@hvlccc.com

Focus: Dating/Couples/Intimacy Coaching

Other support:

PROGRESS TRACKING:

Date: _____

How therapy is going (1-10): _____

Progress toward goals (1-10): _____

What's working:

What needs attention:

Questions for next session:

Insights or breakthroughs:



Your Commitment to Getting Support

I COMMIT TO:

- ☐ Seeking professional support for my mental health
- ☐ Being honest about my needs
- ☐ Following through on finding a therapist
- ☐ Showing up consistently to sessions
- ☐ Being vulnerable and doing the work
- ☐ Coordinating care between providers (if applicable)
- ☐ Prioritizing my mental health and well-being

WHY THIS MATTERS TO ME:

WHAT I HOPE TO GAIN:

SUPPORT I NEED:

OBSTACLES I MIGHT FACE:

HOW I'LL OVERCOME THEM:



ACCOUNTABILITY:

Who will support me in this process?

When will I check in with them?



FINAL REMINDERS

You Deserve Professional Support

REMEMBER:

- Seeking help is a sign of strength, not weakness
- You don't have to struggle alone
- Professional support is effective
- Your mental health matters
- You deserve to feel better
- Help is available
- It's okay to need support

Getting Help Is Brave

IT TAKES COURAGE TO:

- Admit you need help
- Reach out for support
- Be vulnerable with a stranger
- Do the hard work of therapy
- Invest time and money in your well-being
- Prioritize your mental health

YOU'RE DOING SOMETHING BRAVE AND IMPORTANT.

Therapy Works

RESEARCH SHOWS:

- Therapy is effective for most mental health issues
- The therapeutic relationship is key to success
- Most people see improvement within 3-6 months
- Therapy creates lasting change
- Skills learned in therapy benefit you for life

THERAPY WORKS WHEN:

- You find the right therapist
- You're engaged and honest
- You do the work



- You give it time
- You trust the process

You're Not Alone

MILLIONS OF PEOPLE ARE IN THERAPY.

- 1 in 5 adults experiences mental illness each year
- Therapy is common and normal
- Seeking help is healthy and wise
- You're in good company

THERE'S NO SHAME IN NEEDING SUPPORT.

Start Today

DON'T WAIT UNTIL YOU'RE IN CRISIS.

Preventive mental health care is just as important as preventive physical health care.

You don't have to be "sick enough" to deserve therapy.

If you're struggling, that's enough.

START TODAY:

- Call your insurance
- Search for therapists
- Schedule consultations
- Make first appointment
- Reach out for support

ONE STEP AT A TIME.

When You're Ready

YOUR COACH (DANTE) IS HERE TO SUPPORT YOU:

- Can help assess if you need therapy
- Can provide referrals
- Can coordinate with your therapist (with permission)
- Will continue coaching alongside therapy (if appropriate)
- Wants you to get the support you need

Don't hesitate to discuss this in your coaching sessions.



QUICK REFERENCE GUIDE

Crisis Resources

Immediate crisis:

- **988** - Suicide Prevention Lifeline
- **741741** - Crisis Text Line (text HOME)
- **911** - Emergency services
- **1-800-799-7233** - Domestic Violence Hotline

Houston crisis:

- **713-970-7000** - Harris Center Crisis Line
- **832-416-1177** - Crisis Intervention of Houston

Finding a Therapist

Directories:

- PsychologyToday.com
- TherapyDen.com
- InclusiveTherapists.com
- AAMFT.org (for couples therapists)
- AASECT.org (for sex therapists)
- Your insurance provider directory

Low-cost options:

- OpenPathCollective.org (\$30-80/session)
- Community mental health centers
- University training clinics
- Sliding scale therapists

Questions to Ask

In consultation:

- "What's your experience with [my issue]?"
- "What's your approach?"
- "Do you accept my insurance?"
- "What's your availability?"
- "What are your fees?"

To insurance:

- "Do I have mental health coverage?"



- "What's my copay?"
- "What's my deductible?"
- "How many sessions are covered?"
- "Who's in-network?"

Red Flags vs. Green Flags

Red flags:

- X Judgmental or dismissive
- X Guarantees outcomes
- X Talks about themselves too much
- X You feel uncomfortable
- X Vague about credentials

Green flags:

- ✓ Listens well
- ✓ You feel heard
- ✓ Clear about approach
- ✓ You feel comfortable
- ✓ Appropriate credentials

Types of Professionals

MFT/LMFT: Marriage and Family Therapist (couples/family)

LPC/LPCC: Licensed Professional Counselor (general therapy)

LCSW: Licensed Clinical Social Worker (therapy + resources)

Psychologist: PhD/PsyD (therapy + testing)

Psychiatrist: MD/DO (medication management)

PMHNP: Psychiatric Nurse Practitioner (medication)

When to Choose What

Individual therapy: Personal mental health, trauma, growth

Couples therapy: Relationship issues (both partners willing)

Psychiatry: Medication evaluation

Sex therapy: Clinical sexual issues

Group therapy: Shared experiences, support, lower cost



ADDITIONAL RESOURCES

Recommended Reading

About therapy:

- "Maybe You Should Talk to Someone" by Lori Gottlieb
- "The Body Keeps the Score" by Bessel van der Kolk (trauma)
- "Feeling Good" by David Burns (CBT for depression)

About mental health:

- "The Anxiety and Phobia Workbook" by Edmund Bourne
- "The Gifts of Imperfection" by Brené Brown
- "Lost Connections" by Johann Hari (depression)

Apps and Online Resources

Mental health apps:

- Calm (meditation)
- Headspace (meditation)
- Insight Timer (meditation, free)
- Sanvello (anxiety and depression)
- PTSD Coach (for trauma)

Online therapy:

- BetterHelp.com
- Talkspace.com
- Cerebral.com (includes medication)

Mental health information:

- NAMI.org (National Alliance on Mental Illness)
- MentalHealth.gov
- SAMHSA.gov

Support Groups

Find support groups:

- AA.org (Alcoholics Anonymous)
- NA.org (Narcotics Anonymous)
- Al-Anon.org (for families of alcoholics)
- DivorceCare.org
- GriefShare.org
- NAMI.org (mental health support groups)



- Local hospitals and community centers

ABOUT HVL CONNECT

Dante Yigael, Certified Life & Relationship Coach

Specializations:

- Dating Coaching
- Couples Coaching
- Intimacy Coaching
- Relationship Crisis Support

Approach:

- Evidence-based (Gottman Method, EFT, Attachment Theory)
- Holistic (integrating all aspects of well-being)
- Culturally sensitive
- Non-judgmental
- Client-centered

Danté can:

- Help assess if you need therapy
- Provide referrals to therapists
- Coordinate with your therapist (with permission)
- Continue coaching alongside therapy
- Support you in getting the help you need

Contact:

Email: dante@hvlccc.com

Phone: 832-800-0417

Website: www.hvlconnect.com

You deserve support. You deserve to feel better. You deserve professional help when you need it.

Take the first step. Reach out. Get the support you deserve.