

Pineapple Counseling

(682) 516-1999

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Flower Mound, TX 75028



Things to ask during a phone consultation with a therapist:

1. Can you walk me through what counseling looks like?
2. What's your counseling style?
3. How often will we meet?
4. How do you assess progress?
5. What do I need to do to prepare for our first session?
6. How do I contact you?

Finding a therapist is like finding your home. Sometimes, you must look at several homes before finding the perfect one. It's ok to interview several therapists before finding the one that's a perfect fit. That's why pineapple Counseling offers a free 30-minute phone consultation! Contact Pineapple Counseling at www.pineapplecounseling.com/contact or scan the QR code below to schedule today!

