

## **SCHEDULING FAQs**

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### **“I’d like to schedule an appointment.”**

Great! First, let’s set up a phone consult so we can see if we’re a fit (see Therapy Agreement FAQ) plus go over fees, location and parking. It’s a 15 minute call max. If you are coming for relationship therapy, you may want your partner(s) in on the call. The first appointment is about an hour long.

When we have set our appointment, I will send you an email linking you to my cloud-based system (called Simple Practice). There, you will complete all the included forms, review my policies (including privacy and cancellations), upload your credit card and insurance information, and activate text, phone and/or email reminders. Please do so in order for us to hold our scheduled session.

### **“Do I bring anything?”**

Your insurance card if applicable. Please finish all online forms before our first appointment.

### **“How long will I have to be in therapy?”**

I ask all clients to commit to a minimum of 10 sessions. That gives us enough time to begin to make progress, hit the inevitable first bump in the road and establish progress again.

### **“What are your hours?”**

I typically hold clinical hours Monday through Thursday 12noon to 8pm, and Saturdays from 9am to 1pm. Not all slots are available all the time; please know your realistic availability for our consult.

### **“Where is your office?”**

Oakland, at the intersection of Craig and Bigelow. My building has two entrances: 425 N. Craig St. and 3875 Bigelow Blvd. There is a first-come first-serve parking lot on N. Craig across from the building (passcode 9413\* as of summer 2018). There is also a small parking lot adjacent to the building. There is always street parking available along Bigelow, some free and some metered.

### **“What about cancelling?”**

Cancelling, via phone or via my online system, must be within 48 hours of our scheduled appointment to avoid my \$75 late cancel fee.