

## **Pastoral Counseling FAQs**

*How many therapy sessions will it take?* The number of therapy session varies among individuals and couples. The issues or challenges being addressed will influence this also. Usually by the third session the length of time needed to for this work of healing will be evident.

*How often do I need to meet for consultation?* Most individuals and couples begin with weekly sessions. This may shift to every other week or monthly as progress occurs. You will help determine the frequency of sessions.

*What is the cost?* Pastoral Counseling & Psychotherapy through Our Lady of Guadalupe Parish is provided on a sliding fee basis. The fee range per session is \$35 to \$100 and is based on monthly income.