



Chapin & Russell
Associates

Welcome to our practice!

Thank you for choosing our group as your mental health provider. It is our job to earn your trust and do everything possible to assist you in resolving your concern.

For many people, the idea of talking with someone about their personal problems is very uncomfortable. Yet when problems become unbearable, when they start interfering with your sleep, appetite, work, relationships, or general enjoyment of life, it's so important that you seek professional help. I'd like to congratulate you on taking this first step!

We understand how difficult it can be to talk about private and sensitive issues. We'll do all we can to put you at ease. We'll give you our full attention. From the moment you arrive, on through every session, we will do all we can to help you feel safe, comfortable, and involved in your treatment. Why do we do these things? The answer is simple. With your trust and satisfaction we can more successfully help you resolve your concern. We'll sit face to face in comfortable chairs. We'll listen to both your thoughts and feelings, and together we'll develop a reasonable and effective plan to help you achieve your goals.

You can expect complete confidentiality to the limits provided by law. We'll give you every benefit of our education, training, and professional experience. We have helped many people with many different types of problems. Our experience has given us the knowledge and confidence to know what works and what may only make problems worse. We're pleased to have the opportunity to share this experience with you.

We make it our responsibility to keep up with the professional developments in our field. Our training didn't stop the day we received our degree. We continue to add to our knowledge and skills by staying active in professional organizations, reading summaries of the latest research, attending professional classes, and obtaining specialized licensing and certification.

I am very honored that you have chosen us as your mental health professional. It is my goal that you'll feel really good about the care you receive. If there is anything your counselor or I can do for you, answer a question, explain something more clearly, reschedule an appointment, or whatever- please don't hesitate to call.

Sincerely,

Theodore J. Chapin, Ph.D.
President