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I am pleased to have this opportunity to work with you. In an effort to make this visit as stress-free as possible, I developed this document to provide you with information about the counseling process. Please don't hesitate to ask me if you have questions, comments, or concerns.

I offer counseling services primarily to individuals and couples 18 years of age and older. Your wellbeing is very important to me so it is imperative that you receive behavioral health services that meet your needs. For example, if I am working with you as an individual and believe it would be more beneficial to involve your spouse, partner or other family members, I will discuss this option with you. Should you require additional services, such as a psychiatrist or medical doctor, or a different level of service, such as an inpatient or residential program, or another behavioral health specialist, I will discuss this with you and make the appropriate referral.

I believe the success of counseling is grounded in a safe and trusting atmosphere. As problems are discussed (and sometimes discovered) during the therapy process, a common reaction is to feel worse. When this happens, it is important for you to talk to me about it, especially if negative feelings or thoughts become intrusive. Another important part of therapy is for you to acknowledge your accomplishments, recognize the positive aspects of your life, clarify your personal goals, and consider your own needs.

In couples counseling, it is important to understand that I cannot guarantee an outcome. As you begin exploring your relationship, you or your partner may decide to work toward reconciliation or decide to separate or divorce. Regardless of your decision, I will support both of you in that process. Under certain circumstances, it may be necessary for me to refer one or both of you to another therapist. We will discuss this referral process if it should become necessary.

Therapeutic interventions are unique to each individual or couple once problems have been clearly identified. Reading assignments, questionnaires, homework assignments and/or referral to community support groups may be part of the counseling process. I expect you to be motivated and have the capacity to work toward resolution of your problems.

As people learn more about, and become more accepting of themselves they are able to find satisfactory resolutions to their problems and ultimately satisfaction and contentment in their lives. Self-awareness and self-acceptance are goals that require hard work and may be painful at times. People progress at their own pace so the length of therapy is different for everyone. When it's time to terminate your therapy, we will develop a plan that includes a follow-up.

I encourage you to review the information provided in this intake packet. At any time during our work together, if you should have questions or concerns or need clarification about any aspect of the counseling experience, I will be happy to discuss them with you.

Cyndie Ford Purdy, LMHC