



# Tame Your Rhino

Counseling for Social/Emotional Resiliency  
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## *What to Expect from Therapy*

### *Your Rights and Responsibilities*

Welcome to my office. You are among many others who have taken the ambitious step to confront some aspect of your life that has caused you discontentment or unhappiness. By setting this appointment, you are intending to make a change. You are already in motion.

One of the first steps in the process is to begin to envision how you would like your life to look vs. your current situation. Working towards a vision helps with motivation and helps me guide your process. My role is to recognize strengths and talents and reflect back where you have already had success and/or made growth. A therapist's role is to encourage your own intuitive self to blossom and self-determine the best life for yourself. Together, we will work on recognizing barriers that are obstructing your progress. I can help you with strategies in how to actualize these changes. If you are seeking changes in relationship with your child, remember that although your child may be the "primary client", your presence, involvement, learning process is equally important. I will expect conversations with you as parent throughout your child's treatment.

The more you share and take initiative with strategies, questions and practice, the faster the changes will begin to occur. However, as your awareness deepens and your desires may broaden and/or shift, the process can be different than initially expected. Everyone moves at their own pace. Change is difficult and needs to be authentic in order for it to last for the long term.

Therapy can be brief (4-5 sessions) or long term. Together we can determine the sequence and regularity of sessions that fit your needs. Part of the process will be to understand the dynamics of your situation. Many feelings are reactions to your brain's biological response to a current or past "trigger"- an event that still causes a physiological reaction that you feel unable to "control". It helps tremendously to explore some basic "brain science" that are underlying your situation. Therapy is a growing process. You will feel different perhaps after each session. No sessions will be alike because you are a different person with new daily experiences and thoughts going into each session. Be gentle with yourself (or your child) as 'progress isn't linear'. You will notice positive changes and then regress back to old feelings again throughout the process. I typically will provide something to think about, notice or track during the time before your next session. I want to help you maximize your attempts at change.

Therapy, in its best form, has a beginning, middle and end. The first sessions (1-3) are about meeting each other, assessing needs and interviewing for goals and personal background. This information continues to be collected by both you and therapist on many levels; it is the process of developing a trusting relationship. If during these first sessions, there is a feeling of “poor fit” (style, personality, communication), please share this with me and we can choose to terminate, change modality or I can refer you to someone who may be a better fit. The working sessions (sessions 4-8) occur when the client sees the purpose of engaging in therapy and desiring to make a change. There is a willingness, openness to trusting the process. This period can be the time during which great shifts can be experienced or resistance can break the process. It is a period of difficulty because against a background of intent and trust, the client and therapist can face emotional and behavioral obstacles. The goal of a therapeutic relationship is to communicate periodically about progress and treatment evaluation. Please ask questions regarding your progress and how to “see” positive change. Ideally, we discuss the termination of therapy together- during a session. The questions: How? When? Why? What would be next? can be answered through conversation in order to leave with a feeling of satisfactory sense of completion.

I am trained in several approaches that help with growth and change in behavior. I am trained in Dialectical Behavioral Therapy (DBT), Solution-Focused problem solving, Mindfulness Based Cognitive Therapy and Behavioral Modification and Regulation to support feelings of grief, loss and anxiety. I use Brainspotting and EMDR (Eye Movement Desensitization and Reprocessing) to help reduce the effects of past and current traumatic experiences. I am also trained as school social worker and can help you navigate the experience of having a child with a disability – supported or not by the school system. I am happy to share more about these modalities, their purpose and how I present each one based on a client’s needs and interests.

There are times when “talk therapy” may be insufficient to help you gain a sense of regularity as evidenced by ongoing struggle with sleep patterns, anxiety, mood and or appetite. I can discuss with you the function of medication as part of your treatment process, so that you can make a self-directed decision regarding medication or other supportive therapy. If and when you decide, I can help refer you to an appropriate resource for more evaluation through your medical doctor/psychiatrist and help coordinate your care between multiple practitioners. At that point, I would request your signed permission to have any contact with any other parties with whom you have decided to work.

As my client, you are welcome to call in between sessions with questions or concerns that arise. For longer discussions, it is best to set an appointment time so that we have adequate time to share and problem solve. If phone conversations are longer than 15 minutes, I do charge \$1 per minute as clinical consultation time. Should you find yourself or your child in a life-threatening situation, please call 911 or go directly to the nearest Emergency room for evaluation/treatment. I can work with emergency room evaluators as needed and requested.

If I am away from my office for more than a week due to scheduled vacation or illness, I will arrange to have another therapist cover my clients. You will be provided their name and contact information prior to my absence. This information will also be left on my voicemail system.

I hope this introduction serves as a guide as you work with me or any other therapist. You deserve to understand and request information about this delicate process. I look forward to working further with you and your family members.

Carrie Evans, LCSW

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