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| Frequently Asked Questions **Do you take insurance?**  Yes. Natalis will bill your insurance company and if you owe money, like a co-pay, this bill will come from Natalis.  **Where will I meet with the clinician?**  You will meet with your Natalis therapist at your primary care clinic.  **Is there a waitlist?**  Sometimes. We try to schedule your ﬁrst intake appointment quickly so that we can make a plan for treatment as soon as possible.  **What if I want to be seen more frequently, like once per week or for longer than 6-8 sessions?**  You and your clinician can decide this together and talk about options. If you want or think you might need longer term therapy, we may recommend that you go to our Natalis oﬃce. |  | Collaborative Care  Physical Health  +  Mental Health = Whole-Person Well Being |  |  |
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|  | Scheduling Phone:  651.233.1076  Email:  IMH@natalispsychology.com |
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Integrated Behavioral Health

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|  | | | | Type of Treatment Treatment us usually solution-focused to work on a specific problem or issue. Clinicians often use Cognitive Behavioral Therapy, teach skills like coping strategies or relaxation, and provide information and resources about a diagnosis. | |
| Who we typically seeKids and teens are referred to Natalis clinicians by their pediatrician for behavioral health treatment - usually for things like depression, anxiety, social concerns, ADHD, tantrums and behavior regulation problems, school issues, support for a life change, stress, or parenting support. |  | What you can expect Your pediatrician will refer you, and then Natalis will call you and schedule an intake session. You and your child will meet with a Natalis clinician and talk about current challenges and decide together what the next steps are. You and your clinician may decide to start short-term therapy. This means you can plan on meeting with your clinician 6-8 times over a few months. You and your clinician may also decide that your child would beneﬁt from psychological testing or longer term therapy, in which case your clinician will provide you with referrals or ideas. |  | |  | |
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