

Agape Women's Support

How to start – Step by Step

How to Start Your Treatment with Agape Women's Support

Beginning counselling is a meaningful step, and this process is designed to be clear, supportive, and easy to follow.

Step 1 — Book Your Free 15-Minute Consultation

To begin, please go to the website and book the option called: **15-Minute Free Consultation**. This is the first contact session and your opportunity to briefly share what is bringing you to counselling.

Important requirement: At least **20 minutes before the session**, the following must be completed:

- **Intake Form/Informed Consent Form** (signed)

If these documents are not completed and signed in time, **the session will be cancelled.**

What to expect in this session

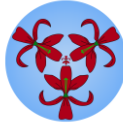
- You may briefly present **one or two main symptoms or concerns**
- I will explain **how I work**
- I will outline **what I may be able to offer and how I can help**
- We will consider whether this approach feels suitable for you

At the end of this session, a first decision can be made about whether to move forward.

Step 2 — Book the Anamnesis / Contract Session

If you decide to begin treatment, the next step is to book, through the website, the session called:

Anamnesis/Contract Session — AUD \$25 (30-minute session).



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What happens in this session

- We will go through the **contract and treatment conditions**
- I will explain the main policies, boundaries, and practical details
- We will complete an **initial assessment**
- I will get to know your situation in a more structured way

This step helps create clarity, safety, and a shared understanding before treatment begins.

Step 3 — Individual Mental Health Plan

From this point, we will begin to build an **individual mental health plan** based on your needs, symptoms, and circumstances.

This plan may include:

- Your main goals for counselling
- The most suitable session structure
- Frequency of sessions
- What approach is likely to support you best
- The most affordable and realistic way to continue treatment. Standard fees, reduced or adjusted fee options, where appropriate

Ready to Begin?

Start by booking your **15-Minute Free Consultation** through the website.

After booking, please complete and submit the required form prior to your session.

From there, we can begin the process together, one step at a time.

