

# **Diane Byster, LMFT, NCC, RYT**

Licensed Marriage and Family Therapist, Career Consultant, and Registered Yoga Teacher

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## **TRIAL THERAPY**

I appreciate your interest in working together. The information below outlines my procedures for new referrals using the Trial Therapy format. Some information might not apply to you.

Currently, many therapists have long wait lists, making it difficult to access psychotherapy services in a timely manner, leaving those in need with few options. My schedule cannot currently accommodate the time commitment needed to provide continuing, quality services over a longer time period. In an effort offer services to those wishing to get help sooner, I am offering a time-limited option for treatment.

### Trial Therapy:

This option involves providing the initial phase of treatment, or “trial therapy,” which consists of 2–3 lengthy (two-hour) sessions. By offering this initial phase only, I am able to provide services to more people in need, sooner rather than later, when it is most needed.

The accelerated approach I use is intensive yet supportive, with considerable activity and emotional engagement from both the therapist and the client. The partnership is highly collaborative in the spirit of helping you reach your desired goals as quickly as possible. Because the approach is direct, internally focused, and experiential, with close attention to automatic verbal and behavioral mechanisms and anxiety that detract from a productive outcome, much can be accomplished in a relatively short period of time. Lengthier two-hour sessions allow ample time to move past the reluctances and barriers that inevitably arise during intensive psychotherapy.

While additional psychotherapy is likely to be needed in the future, it is not unusual to make valuable gains during this initial phase. Many clients experience relief and make progress toward important goals during the trial therapy phase, with reduction of symptoms, improvement in functioning, enhanced relationship satisfaction and overall improvement in quality of life. Motivation and hope about subsequent phases of treatment typically increase as well. With a better understanding of problematic, repetitious core patterns, it is easier to move beyond the initial phase with increased productivity and efficiency.

Although trial therapy alone is unlikely to meet your long-term needs, except for those with simple or circumscribed issues, the several lengthy sessions can begin the process of healing in a substantial way while you wait for longer-term services. With thorough knowledge about your emotional patterns and goals, I will be in a better position to make a referral for longer-term care to someone who would be a good match for you.

### Video Recording:

Because I am doing an increasing amount of training for mental-health professionals, I am only seeing clients who agree to allow video recording for this purpose. This arrangement allows me to continue to both conduct psychotherapy and train therapists. Given the amount of suffering inadvertently caused by our own protective mechanisms, as well as the underrated value of an intensive psychotherapy experience, I am passionate about training therapists to learn to be more effective and efficient.

Consultation:

For those currently involved in a course of psychotherapy, trial therapy acts as a consultation service for both you and your therapist. You can think of this as a “second opinion” that offers a sense of alternate possibilities from a different treatment orientation. This can be especially helpful if you are perceiving that your current therapy with other treatment providers has become repetitive or stalled. If desired, direct consultation with your current therapist concerning suggestions for deepening and accelerating treatment is available. With your permission, this consultation can be enhanced by using actual video demonstrations from the sessions we conducted together.

Next Steps:

If trial therapy is of interest, and you would like to find out more for your particular situation, we will have a brief complementary telephone consultation to determine if this arrangement is in your best interest.

If you are not interested in trial therapy with me, and wish to see someone who uses a similar therapy approach, let me know. Mention your location and if you wish to only see a therapist in person or are interested in videoconferencing possibilities as well. I might be able to recommend a suitable therapist.

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To be signed after our initial consultation, if you decide to proceed with Trial Therapy:

I have read, fully understand, and agree to abide by the policies and procedures outlined above. I have received clarification where necessary.

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date