

Dr. Scott Lownsdale, Ed.D., LCPC

Licensed Clinical Professional Counselor • 5589 Guilford Road • Rockford, IL 61107 • 815/229-8750 • ScottLownsdale.com

Congratulations on your decision to seek counseling! That decision, I trust, took wisdom, courage, and humility. Therefore, I consider myself honored to have the opportunity to serve as your counselor during this season in your life. It's very important that you and your counselor have a **right fit**. Therefore, please visit my website (ScottLownsdale.com) **before** meeting with me. If you still have unanswered questions about me or my counseling approach, then feel free to contact me. The best time to reach me is 9AM to noon M-F. Note: I see patients at 2PM, 3:30PM, 5:30PM and 7PM Mondays-Thursdays. Fridays are available for emergencies only.

At your first session, I'll need the *Medical Data, Family Data, Insurance Information, and Rights and Responsibilities* forms, which are PDF files that you can easily download and print from my website. **These forms must be fully completed before your counseling can begin.**

Fee and Payment Expectations

- **My fee is \$175 per 75-80 minute session.*** I do NOT have the traditional "45-50 minute" sessions, (except with children, in which my fee is \$115) because shorter sessions fail to get at deeper issues and require more sessions over the long term in order to achieve therapy goals.
- **Please present your check (made out to "Dr. Scott Lownsdale") to me BEFORE each session begins.** Cash and money orders are accepted. Receipts are issued by request only.
- **If you want me to submit health insurance claims, please present** the Health Insurance Information Form fully completed and signed, and bring your health insurance card for me to copy.

Office Location

My office is in the lower level of my home at **5589 Guilford Road** in Rockford. This is very easy to find: I'm just **1 mile EAST** of the **Alpine/Guilford intersection** and just **3/10ths of a mile WEST** of the **Mulford/Guilford intersection**. Just look for the tan-bricked house with the white mailbox with my name and logo on the **south** side of Guilford Road, just across from the white-fenced horse farm.

When you arrive . . .

- Park about midway up the driveway on the left or right side, not too close to the garage or to the road. Then proceed to the back of the house on the walkway on the right side of the garage, which will lead you down the steps to the doorway of my waiting room. (In snow or ice, please **WATCH YOUR STEP!**)
- I try to start every appointment on time, so please arrive promptly. In order to minimize distractions from the waiting room during sessions, please do NOT arrive more than 10 minutes early.
- After you arrive, just relax in the waiting room until your appointment time. My waiting room does not have a washroom, so try to take care of bathroom needs before you arrive. However, if you need to use the bathroom during a session, you may use the one in my office.
- Just leave your cell phone in the car or turn it completely off before the session (emergencies excluded).

After your session . . .

- Please **KEEP YOUR APPOINTMENT CARD**, and do not discard it until the next session. This card is our documentation that we've made an appointment, in case a discrepancy comes up in the future.
- Be very careful as you pull out of the driveway into the traffic on Guilford Road. If you must, you may use my lawn on the right side of the driveway to maneuver your vehicle, until blacktop is laid there.

Again, congratulations on your decision. I look forward to a mutually rewarding experience.

Warmly,



Dr. Scott Lownsdale, Ed.D., ("Dr. Scott")

* **My fee is significantly lower than the typical rate of my colleagues in this region.** You can verify this fact by calling other mental health providers in the Rockford area and asking what their fees are for an 80-minute session by a doctorate-level provider. I keep my fee as low as possible by 1) working from an office in my home, 2) Asking my patients to pay the fee at the time of service, 3) Asking patients to interact with their insurance company whenever possible. If my fees present a problem due to financial hardship, you may apply for a sliding scale.