

Dr. Scott Lownsdale, Ed.D., LCPC

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

Dear _____:

Congratulations on your decision to seek counseling! That decision, I believe, 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. Your first appointment with me is scheduled for _____ at _____ PM. I look forward to seeing you then. It is very important that you and your counselor form a "right fit." Therefore, I ask all my patients to visit my website (ScottLownsdale.com) before meeting with me. Please take time to visit this website, if you have not already, and read about my counseling approach. If you still have unanswered questions about me or my counseling approach, feel free to contact me. The forms enclosed must be completed before the counseling begins. Please arrive with these forms completely filled out.

Fee and Payment Expectations

- My fee is \$175 per 75-80 minute session.* I do not do traditional "45-50 minute" sessions (except with children, at the rate of \$115) because in my experience, shorter sessions do not get to deeper issues and therefore require more sessions over the long term to achieve therapy goals.
- In order to reduce administrative time, please present your check (made out to "Dr. Scott Lownsdale") to me BEFORE the session begins. Cash is also accepted. Receipts are issued by request only.
- If you want me to submit health insurance claims for you, then please make sure that the enclosed Health Insurance Information form is fully completed and signed. Also, don't forget to bring your insurance card, so that I can make a 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. (But in order to minimize waiting room traffic, please try NOT to 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, but you can use the one in my office when your session begins.

Again, congratulations on your decision. I look forward to our experience being mutually rewarding!
Warmly,

Dr. Scott Lownsdale, Ed.D., ("Dr. Scott")
Licensed Clinical Professional Counselor

* My fee is significantly less than the typical rate other licensed mental health professionals in this region charge for an 80-minute session. 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. I keep my fee as low as possible by working from an office in my home, and asking my patients to complete the insurance data form enclosed and to pay at the time of service. If my fees present a problem, let me know. You may qualify for a sliding scale.