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Welcome

Entering therapy is an important decision. In choosing a therapist it is important that you know some basics of how your counselor views therapy to see how well it matches what you want to receive from therapy. Below I have provided some important information about therapy in general and about my practice in particular.

Treatment Philosophy

People have a natural affinity to move towards health and wholeness. Physical, emotional, and cognitive aspects work together to create mental and physical health. Body and mind are equally valuable resources. When turmoil occurs in one's life it is painful, yet it creates an opening-- an opportunity for change. My theoretical framework is based upon empowering individuals to seek the answers that lie within them. Therapy is open and honest effort in self-inquiry with the guidance of a trained professional.

I believe that the relationship between client and counselor is inherently valuable to the counseling process because significant changes can occur within a clear, safe, and supportive relationship. You are the expert of your own life. I am here to collaborate with you in order to help you achieve your therapy goals.

Length and frequency of treatment

Psychotherapy typically involves regular fifty-minute session, meeting at least once a week. How long your therapy will take and the frequency of visits will vary according to your individual needs and goals. Two general categories of therapeutic goals involve concerns of "support and change". "Support" often implies assistance in coping with a short term goal or crisis, while "change" can refer to more long term goals such as addressing trauma, and altering long held belief systems and personality traits.

Confidentiality

The information you share with me will be kept strictly confidential and will not be disclosed without your written consent. This includes all interactions with me, the scheduling of appointments, sessions, and your records. I may consult with another therapist in order to provide you with the best service possible. If I do so, such consulting clinicians will be bound by the same confidentiality agreement.