

FAQ's:

This page contains some of our frequently asked questions. If you do not find your answer here, please contact us.

Where are you located?

We are located at 3625 Manchaca Rd., Suite 103. This is the mile long stretch of Manchaca between 290W (Ben White Blvd.) and S. Lamar. We are located approximately .6 mile from either intersection. When you pull into the entrance of the parking lot, my building is the first building you face. You will see "Rivertree Park" in black letters on the side of the building. Park at the front of the parking lot; if you drive to the back, you will be in the residential section.

I have health insurance. Will it cover my treatment with you?

I am no longer a provider for insurance. However, you can check with your policy for "out of network mental health benefits." If you have this option, you may be reimbursed by your insurance company for a portion of my fee, depending on your policy. I will give you receipts that you can file for reimbursement with your insurance company.

Am I required to pay for your services at the time they are given?

Yes. We take Visa and Master Card, as well as personal checks and cash.

How do I go about setting up the first appointment?

Please call (512) 330-1757 and either I or one of my assistants will return the call as soon as possible to answer any questions you might have and to set up an appointment. Please note that if you are calling from a cell phone, sometimes the message is garbled and we are unable to decipher your phone number to return the call. If you have not heard back from us within a few hours, please call back and leave a second message.

My wife and I are having problems. Should we make an appointment together or separately?

I recommend that both of you come in together, if your partner is willing. After meeting and talking with both of you, I can recommend either individual or couples therapy.

How many couples counseling sessions will it take to achieve results?

Each couple is unique and there is no “average” number of sessions. It depends on your condition, and how much effort and time you are willing to put into your healing and growth. The important first step is having an accurate assessment and diagnosis done. After that, a treatment plan will be discussed with you including the approach to be used by me.

How long does individual therapy take?

The answer to this question greatly depends on how attainable the goals are at the time of treatment and how specific. For example, if you came into therapy wanting a healthy relationship, this could quickly occur if there is nothing more complicated in your emotional makeup impeding this goal. On the other hand if consciously or subconsciously you harbor fears and concerns about relationships, these are the things that are worked on in therapy, and this could prolong the achievement of the desired results. With so many variables, a specific answer to this question cannot be given without an in-person interview

What kind of results can I expect?

An important aspect of going into therapy is knowing what you want to achieve so that you can assess when and to what degree you have achieved it. If for example you went into therapy wanting to be happier and more satisfied with your life, this of course is a subjective goal and only you can determine, as many clients do, that your life is generally happier and more satisfying. Many times goals such as these are not achievable in the absolute sense; that is, no one is happy all of the time, yet almost all therapy clients find that they can move much closer to their goals, making therapy a very rewarding and satisfying experience.

What should I/we bring with me/us?

Yourself, your check, cash, Visa or Master Card!

What about my privacy and confidentiality?

In order for therapy to be successful you need to openly talk about your problems, hopes, dreams, fantasies, fears etc. It is normal to be concerned about the confidentiality of this information. Your privacy and confidentiality are assured, both by law and by professional ethical rules. If you would like the therapist to share information about you with another party, they will need your written permission. The only exceptions are in cases where a person's safety is endangered, in which case a therapist is obligated professionally and legally to contact the proper authorities.

What makes this “Getting the Love You Want” workshop different from other couples’ workshops?

The Imago Workshop developed by Dr. Harville Hendrix has been offered to the public for over 25 years. Tens of thousands of couples all over the world have improved their relationships dramatically by taking this workshop and practicing the skills they learn there. The Imago workshop teaches specific skills that couples need to learn to reduce and resolve conflict, increase satisfaction, and resurrect the passion and intimacy they once had. Outcome research is available upon request to prove the efficacy of this workshop. For more information, go to: www.imagorelationships.org

What is the structure of this “Getting the Love You Want” workshop?

The workshop is designed to create a sense of safety and comfort to make your learning experience enjoyable. Throughout the workshop, Dr. Monday will do a lecture portion, then will ask a couple to volunteer so she can teach a skill while everyone observes. No one has to volunteer; someone always does! Then you go off by yourself with your workbook or with your partner to practice the skill. There is a brief question and answer session after you practice each skill. There are breaks built in, as well as many enjoyable activities that enhance your learning experience.

Will I have to “expose” myself in front of other people?

Nobody is ever forced to do anything or talk about anything they do not want to. Dr. Monday never puts people on the spot when she is leading the group. You never have to talk about your relationship with anyone other than your partner. However, listening to others’ questions and comments about their relationship and their learning enhances the learning process for everyone. And when you practice your new skills with your partner, you

choose which topics to discuss. Creating a shift in your relationship does entail self-reflection, self-disclosure, and taking risks. You'll get as much out of this workshop as you put into it.

I am not sure if we are at an appropriate place in our relationship for this workshop. How can I find out?

Imago's unique communication skills and approach strengthens the feeling of love and connection for couples and families. People at all stages of their relationship participate in the workshop, however determining if you want to do the workshop or just participate in couples private therapy sessions are decisions that couples frequently make. Please call our office to ask any specific questions you have, and of course you are welcome to speak with Dr. Monday before registering.

I want to attend the "Getting the Love You Want" workshop, but my partner does not. Now what?

The "Getting the Love You Want Workshop" is only offered to couples, so you can't come alone. It is normal for people to feel apprehensive or fearful about attending. Dr. Monday is happy to speak with either of you on the phone to explain the process and answer any questions you have. Sometimes people like to have some private couple's therapy sessions first with Dr. Monday to prepare for attending the workshop.

How many other couples will be at the "Getting the Love You Want" workshop?

Generally, anywhere between 4 and 15 couples attend Dr. Monday's workshops. The size of our group is limited by the number of additional therapists we have available to assist.