

# What does a counseling visit look like?

Your mental health is an important part of [whole-person wellness](#)! If you're looking to improve or better understand your mental health, a good place to start is working with a counselor or therapist who can equip you with the tools and understandings you need to live a happier life. Whether you are thinking about starting counseling or just want to learn more about it, here is everything you need to know about [counseling visits](#) at Village Health Partners.

## Who should I talk to first?

A great first step (whether you're ready to start or just want to learn more) is talking to your primary care physician. Your PCP is focused on your whole-person wellness, which includes your emotional and mental wellbeing. Your family physician is already familiar with the different parts of your health and wants to help you lead a happy and healthy life. At Village Health Partners, your PCP works directly with in-office counselors, and they can refer you to these specialists.

## How does my counselor work with my physician?

Your counselor has access to your health records, and they work with your physician to make sure you're getting personalized treatment that's right for you. Your counselor is part of your [care team](#), and they work directly with your physician and can discuss your medications and physical and mental health conditions. Working with a counselor at Village Health Partners means you have an additional person advocating for your health on your care team!

## What will happen in my first therapy session?

During your first session, your counselor will get to know you, your background, your relationships and what you're looking to get out of therapy. They'll ask you questions about your health, your childhood, your family and more, so they can get a better picture of your life.

Your therapist will create a safe space for you to feel comfortable and so you can be honest about your feelings and experiences.

## What can I see a counselor for?

Here are some things you can see a Village Health Partners counselor for:

- Stress management
- Grief counseling
- Coping with major life transitions
- Work and career counseling
- Couple's therapy
- Anger issues
- Depression
- Anxiety and panic disorders
- Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD)
- Post-traumatic stress disorder (PTSD)
- Behavioral or substance addiction
- Complex trauma
- Childhood trauma
- Mental, physical or sexual abuse

### **What can I talk about in counseling?**

In addition to the things above, your counselor wants you to feel safe and comfortable talking about things that are affecting you. If you're having a hard time opening up, they may ask questions to prompt you and help guide you.

Your counselor can help you with coping skills, learning healthier thought patterns, relationship skills and more. They want you to know that your therapy visits are your time, and your counselor is there to help you.

### **How much does counseling cost?**

Counseling may be covered under your insurance. If it is not covered, the cost per session is \$75. Click here to learn more about [price transparency](#).

### **Which counselors can I see?**

At Village Health Partners, you have two counselors available to you! [Melanie Hoffman](#) works at Legacy Medical Village and [Marissa Stanfill](#) works at Independence Medical Village. Both counselors see patients through telehealth. Get to know them more below:

#### **Meet Melanie Hoffman, LCSW**



Melanie has more than 10 years of experience in counseling. She is passionate about helping patients maintain quality of life. She works with patients through chronic and terminal illnesses, mood disorders, life transitions and broken relationships. She believes one of the most critical building blocks of personal development and fulfillment is the ability to navigate life successfully and find joy in daily living through positive relationships that motivate and encourage us.

To learn more about Melanie and schedule an appointment, click [here](#).

#### **Meet Marissa Stanfill, LPC**



Marissa is a licensed professional counselor with more than four years of experience. She is passionate about building relationships with patients and taking a genuine interest in their lives. Marissa encourages patients to be open and wants them to know that appointments are their time to feel and say what they want. She focuses on creating a safe space and wants patients to know that counseling is a way to get better.

[Click here](#) to learn more about Marissa and schedule an appointment.