

Welcome,

I'm glad that you are here. My goal is to provide you with effective and compassionate treatment. This note is intended to help make your entry into therapy as easy as I can make it.

Making your first appointment: Here on my website you can complete the **contact form** to send me an email requesting an appointment. Alternatively, you can call my office at: (512)306-0663. When I receive the email - I will note your preference for a return phone call or an email and I will contact you to offer options for initial appointment times.

Follow-up appointments: We will schedule your second appointment at the end of our first visit. You will also have the option to schedule future appointments through my on-line appointment scheduler where you will be able to view all of the open appointment slots. If you want to utilize the online option you will have a unique password that will provide you with access to the scheduler via my website.

Cancellation policy: If you need to cancel a scheduled appointment I request that you let me know with 24-hours notice. There is a \$75 charge for appointments that are missed or are canceled late.

Initial paperwork: Prior to our first appointment you can download the needed forms from my website (www.johnwatterson.com). If you are unable to do so - just come in a few minutes early before our first appointment. The paperwork includes several forms: Demographic information, social history, HIPAA consent form, authorization for email/online/texting communication, release of information form.

Fees and Insurance: My fee is \$150 per hour or \$275 for a two hour session. I am an in-network provider for several health insurance plans: BCBS, Tricare, Medicare, ARIA, and Value Options. You may pay with cash, check, credit or debit, including health savings account (HSA) debit cards.

I consider it a privilege for me to be able to work with you. With that awareness, I will offer you the very best care that I can provide. I am hopeful that together we will find a path towards the positive solutions and fulfilling changes that you are seeking.

I'm looking forward to working with you,

John

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