

What to Expect on Your Free Consultation Call

A gentle guide to help you feel grounded and prepared

Divine Love Wellness Enterprises

Laura A. Jeanis, LCSW, LICSW, CCTP, CEO

Welcome

First, take a deep breath. The fact that you've taken this step — reaching out — is already meaningful. This guide will help you feel grounded and prepared so we can make the most of our time together.

What This Call Is

A free, **20-minute conversation** between you and Laura. There's no pressure, no commitment, and absolutely no judgment. It's simply a space for you to be heard and for both of us to see if Ketamine-Assisted Psychotherapy (KAP) feels like the right fit for your healing journey.

What We'll Cover

- **Your story** (only what you're comfortable sharing). What's been weighing on you? What brought you here today?
- **A brief overview of KAP** — how it works, what a session looks like, and why it can be so effective for trauma, anxiety, and depression.
- **Your questions answered.** Bring them all — no question is too small.
- **Next steps** — if it feels like a fit, we'll discuss scheduling your Initial Psychiatric Diagnostic Evaluation (60 min, \$275).

How to Prepare

- Find a **quiet, private space** where you can speak freely.
- Have **water nearby** — emotional conversations can feel surprisingly thirsty.
- Jot down **2–3 questions** in advance. Some clients ask: *“Is ketamine right for what I'm going through?”* · *“How many sessions do most people need?”* · *“Will I feel like myself afterward?”*
- Be **honest about your symptoms and any current medications** — this helps me give you the most accurate guidance.
- **Allow yourself to feel.** Tears, nervousness, or hope — all of it is welcome here.

What This Call Is *Not*

- Not a therapy session
- Not a medical evaluation
- Not a sales pitch — if KAP isn't the right fit, I'll tell you and may suggest other resources

A Note on Confidentiality

Everything you share is protected under HIPAA guidelines. Your privacy and dignity are sacred to me.

Hours of Operation

Monday – Saturday EST
By Appointment Only

[Book Your Free 20-Minute Consultation](#)

<https://calendly.com/divinelovewellnessenterprises/consultationmeeting>

“Healing is not linear, and you don't have to do it alone.”

— **Laura A. Jeanis, LCSW, LICSW, CCTP, CEO**