

Dr. Patricia Hawkins Wells, M.Div, Psy.D
Sanctuary Counseling Group

Welcome to my practice of pastoral psychotherapy!
Here is some information about me, and about what you can expect from our work together.

I am an ordained United Methodist pastor, having served in the parish for 20 years. Prior to that, I worked as a registered psychiatric nurse. I hold a A.B. in English from UNC-Chapel Hill, a Masters of Divinity, Summa Cum Laude, from Duke Divinity School, and a Doctor of Psychology in Pastoral Counseling from Graduate Theological Foundation. I am an ordained United Methodist elder and a Certified Pastoral Counselor through the American Association of Pastoral Counselors. I am also a Gottman Seven Principles Program Educator, and a Level I Gottman Method Clinician. Additionally, I am a member of the International Association of Trauma Professionals, and an IATP Certified Clinical Trauma Professional. I am also a NC Board Certified Practicing Pastoral Counselor.

Pastoral psychotherapy is a process which takes place in a relationship of mutual trust, cooperation, responsibility and respect. You and I will work together to clarify your issues and to formulate goals for healing. To do so, it is vitally important that we both be as honest with each other as possible— even when it’s hard. Please, never be reluctant to ask your questions.

Sometimes people seek therapy in response to problems which the actions of others have created; sometimes they seek therapy because their own actions cause problems for them or for others. Whatever the case, all of us, regardless of how “good” our childhoods and our parents were, carry with us wounds from that early life, as well as subsequent events. Those wounds affect how we respond to circumstances, can cause us to repeat patterns of behaviors which are not healthful or helpful for us, and often lead to the sort of problems which cause people to seek therapy.

My primary method is talk therapy, considering the issues which brought you into therapy, as well as childhood and later life events and circumstances which continue to affect you. My approach is holistic, so we may discuss lifestyle issues such as exercise, rest, meditation, and nutrition too, because these are tools we can use to undergird our work. Many people choose to make their faith life a part of the process; that is a choice you can make. Some clients choose to ask for prayer at the end of the session, some do not. Though I am a person of faith, it is never my practice to impose any faith on a client.

Sessions last 45 minutes. I will usually suggest that we begin by meeting on a weekly basis; as we progress we may find it helpful to schedule more or less frequently. The charge for the initial session is \$150; subsequent sessions are \$125. Please tell me if you believe your circumstances warrant a reduced fee. The fee is paid by cash, check, or credit card at the beginning of each session. I accept many Blue Cross Blue Shield policies, Carolina Behavioral Health Alliance, and Healthgram for WNCC-UMC clergy. Many clients prefer to pay directly rather than use their insurance for a number of reasons.

You can reach me by phone at 919-698-8098, or by email, at patriciahawkinswells@gmail.com. While we cannot do the work of your therapy by email or text, a text is a good way to contact me if you are running late. ***If you must cancel an appointment, please give 24 hours, one business day, notice, or the agency may charge you the fee for the missed appointment.***

Our work together is confidential. That means that, with certain exceptions, I will not disclose either the fact that we have a professional relationship or the content of our sessions without your written permission. If I believe that you pose a risk of harm to yourself or to someone else, I am ethically and legally required to secure any and all necessary intervention. In order to increase the quality of care for my clients, I maintain regular clinical supervision.

Psychotherapy is a process of healing. Like any healing, it can sometimes be difficult, slow, or even painful. As part of our agreement to work together, please discuss with me any issues which may come up. If you should consider stopping therapy, I ask that we discuss it for at least one session; perhaps we can solve whatever issue may be keeping you from moving forward toward your goal.

Thank you for choosing me as your psychotherapist! I look forward to our work together.

Signed _____

Date _____

Signed _____

Date _____

Witness _____

Date _____

Referred by: _____

May I thank them for the referral? _____

Check out my practice page on Facebook- www.Facebook.com/DrPatriciaHawkinsWells . Hope you’ll find some useful insights!