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Welcome!

I am glad that you have made the decision to come to counseling and honored that you have chosen to work with me. I look forward to getting to know you and working together with you to gain insight, build skills, and learn new tools to improve your life and reach your goals.

Please allow me to introduce myself to you. I am a Licensed Mental Health Counselor (LMHC) and have been practicing for over thirteen years. I have experience working with a wide range of ages from children to mature adults. I have worked with people struggling with many different issues including depression, anxiety, substance dependence, relationship issues, and self-esteem. My approach is to gain an understanding of your complete history as well as the current issue to help you gain insight into what led you to this point in your life. You can anticipate that I will ask you about your childhood, relationships with family, and important life events. You can share as little or as much as you like, but know that what you share is confidential and the more open and honest you are the better chances of making the connections needed. I make it a priority to create a safe, caring environment where you can feel comfortable to share your experiences and not feel judged but rather understood and supported.

Please take a few minutes to review and complete this intake packet which includes the following information:

- Counseling Intake Form
- Informed Consent for Psychotherapy
- Financial agreement
- Confidentiality and Privacy Practices (HIPAA)

I look forward to working with you on this journey!

Warm regards,

Elizabeth Lawton, LMHC, LLC

