



Judith Alfano, LCSW

WELCOME GUIDE

Welcome.

This short guide to Individual Therapy will give you a sense of what to expect over the course of your first few sessions and answer general questions about my practice.

I welcome your questions about what to expect and look forward to meeting you soon.

About my practice

Trained as a trauma and grief therapist, I specialize in helping adults navigate concerns that are impacting their spiritual and psychological well-being.

My approach to therapy is grounded in psychodynamic theory and skillfully integrates narrative and somatic therapies, parts work and the wisdom of spiritual care.

Areas of Specialization

- Anxiety and panic attacks
- Family patterns and relationships
- Significant life thresholds (new career, motherhood, retirement)
- Caregiver stress, illness and grief
- Loss of faith community and spiritual concerns
- Professional burnout and vicarious trauma

Types of Therapy

- Narrative
- Somatic
- Parts Work
- EMDR
- Soul Care



Initial Steps & Client Portal

Before our first session, you will receive a link to register for your online client portal, where you will be able to review and sign all the documents necessary to move forward.

These documents include Informed Consent, Assessment Forms, my Practice policies and a Credit Card Authorization Form. I use a HIPAA-compliant portal for paperwork and sharing statements for sessions.

Initial Appointment

At our first meeting, we will talk about a lot of things—your concerns and what you hope to gain from therapy. I will ask about how long you've been feeling this way and other factors that might be contributing to how you feel. We'll talk about your supports and strengths. We'll explore some of your history, with an eye toward the people and events that shaped you.

Our conversation allows me to begin to have a sense of your goals, values and how you want to change.





Second Session and Beyond

At the second session and moving forward, we will begin to identify goals and specific areas you'd like to address. We'll talk about how we might know when you have achieved your goals—what life may look like or how you might feel differently.

These conversations are very important because they help me to understand you more so that we can ensure we're working toward change that you want to make.

Session Frequency

At the Initial Appointment, we'll decide together how often to meet and for how long. We'll revisit this timeline and frequency as our work together unfolds to ensure that we are addressing your concerns.

Some clients reach their desired outcome in just a few sessions, while others choose to continue to meet over the course of a few months or longer. We'll work together to determine a frequency of sessions that accomplishes your goals within your resources.

Using your Insurance Benefits

I'm an out of network provider and am unable to accept insurance at this time. However, I will provide a receipt for you to request reimbursement from your insurance provider.

This means you are responsible for the fee at the time of our appointment and, depending on your insurance plan, a certain percentage of that may be paid back to you by your insurance company.

If you'd like to find out if you have out of network benefits, contact your insurance provider and ask the following questions:

- Do I have out of network mental health benefits?
- If yes, what percentage of the cost do you reimburse?
- Do I have a deductible I need to pay before I get reimbursed?
- If yes, what is the deductible amount?





Therapy Sessions

I offer sessions in-person and by telehealth to residents of New Jersey. Sessions are generally 50-minutes.

Please note that psychotherapy (assessment, diagnosis and treatment planning) is available only to residents of New Jersey and those present at my office.

If you're curious about working together and you live outside of New Jersey, please contact me to find out whether my approach is adaptable to your needs.

Therapy Fees and Payments

I process all payments through your client portal, where your credit card is kept on file through secure encryption. After each session, you will be charged your session fee. You may pay by HSA/FSA, credit or debit card.

Please visit judithalfano.com for fee details.



About Judith Alfano, LCSW

Judith Alfano, MSW, LCSW is a therapist in private practice, both online and in the coastal communities of New Jersey. Her research and professional interests are spiritual formation, the integration of psychology and religion, and women's health and well-being.

Judith's therapeutic approach is deeply relational, grounded in psychodynamic theory and integrating narrative and somatic therapies, parts work and the wisdom of spiritual care.

Earlier in her career, Judith held key roles in marketing, HR and communications at organizations ranging from an established energy company to higher ed and a tech start-up.

She later transitioned to clinical mental health, working in multiple counseling centers where she supported those experiencing anxiety, grief and those impacted by trauma and abuse. Along the way, Judith explored other paths to join her community in healing and recovery.

One of those paths is cooking. Judith is interested in the intersection of cooking, spirituality and mental health, and completed a professional culinary program as well as continuing education courses in functional nutrition and integrative care for cancer survivors and those with chronic illness.